

REDBOOK

FREE BOOKLET!
Your beauty planner inside

**Body
secrets!
Baby
plans!**

THE **KARDASHIANS** **TALK!**

Who's
holding
the
ball?
Open to
see
→

PLUS THE BEST...

- **Beauty deals**
- **Organizing ideas**
- **Hair tricks**
- **Cute (cheap!) shoes**

Shhhh... What no one ever tells you about sex p.134



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a real
family.
We don't
sugarcoat
anything.
But we
always
put each
other
first."



KHLOÉ
KARDASHIAN



KARDASHIAN KOVER KHAOS!

From left: Khloé, Kourtney, Kris, Kim,
baby Mason, Kylie, and Kendall



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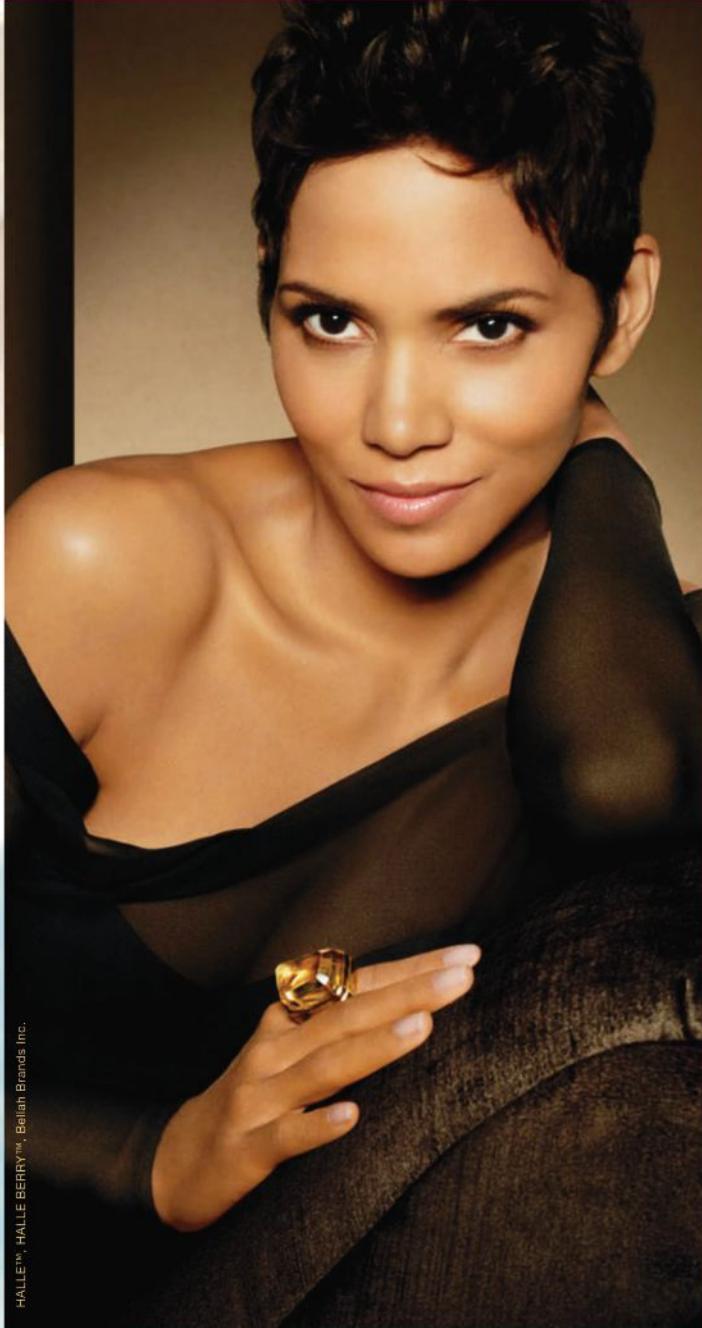
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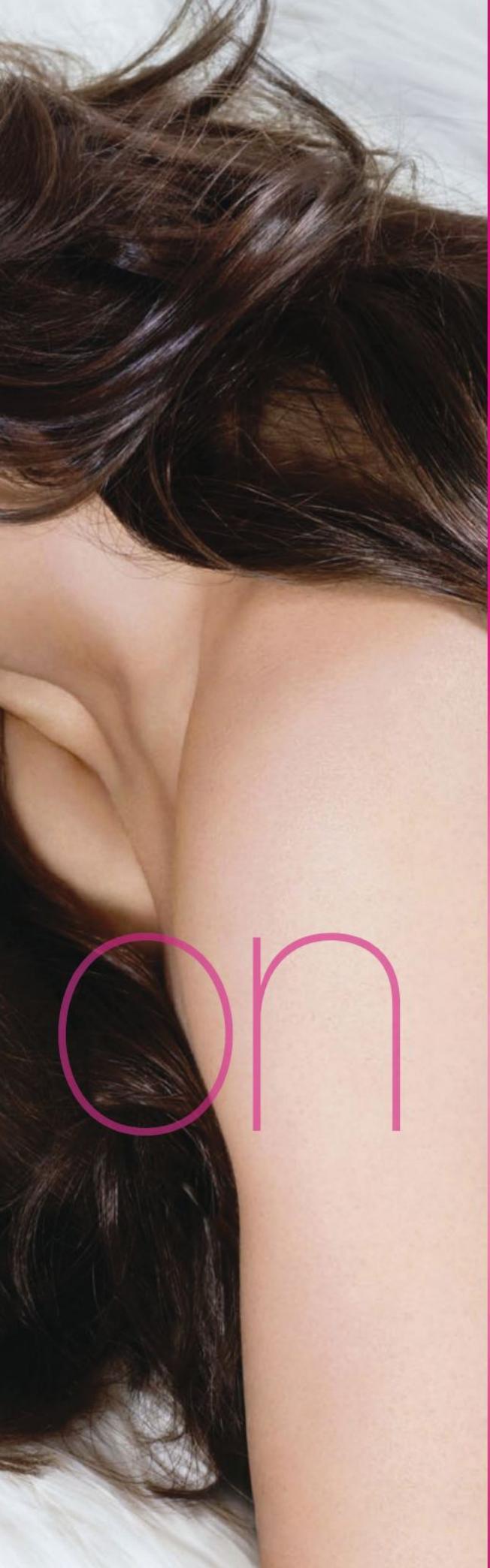
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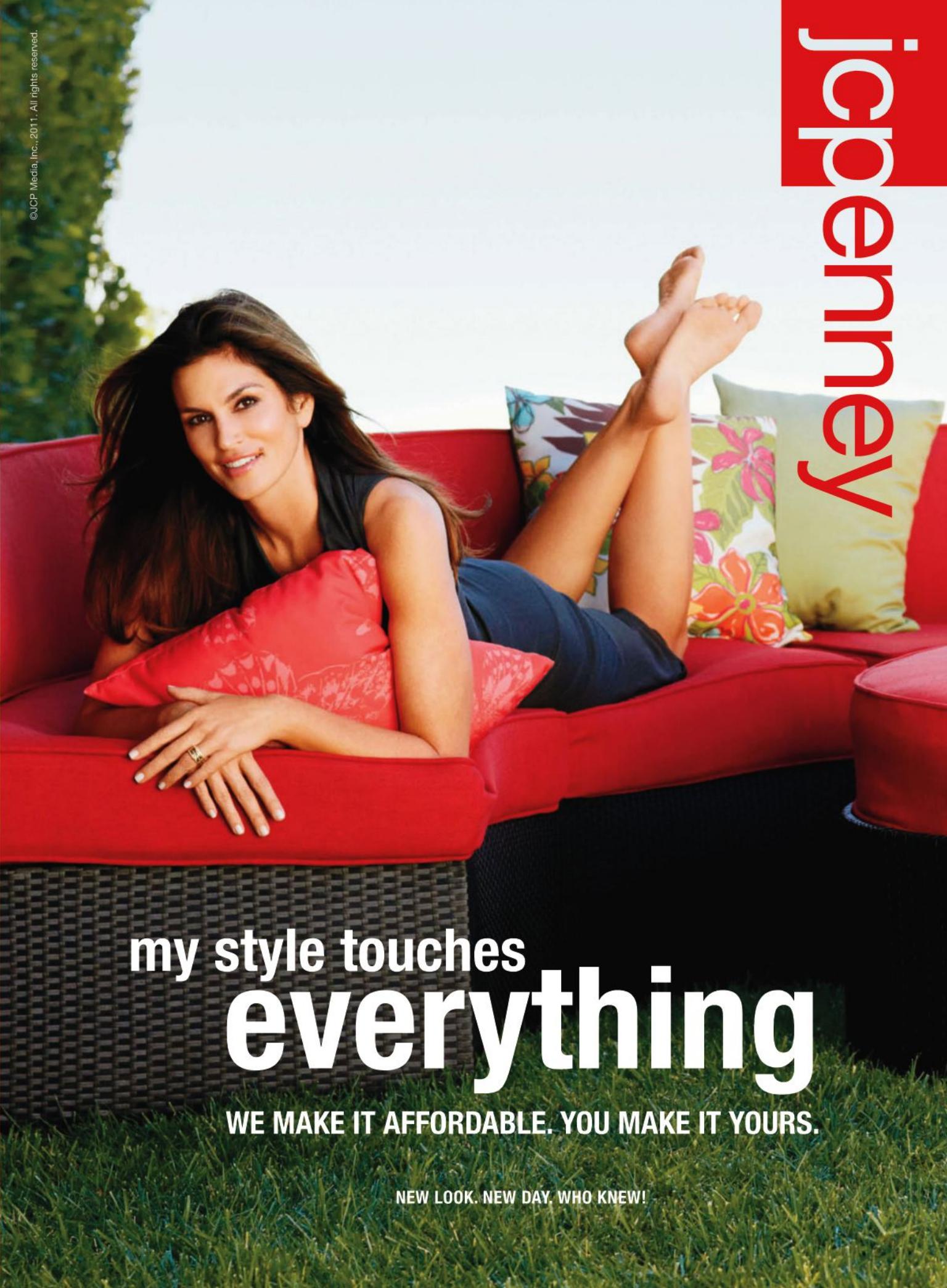
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42 SALON-INSPIRED SHADES

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IT'S OUR FAMILY ISSUE...

...so these pages are full of stuff to make you (and everyone under your roof) happy: inspiring stories, stylish deals, and easy ways to make your time together more fun.

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The Kardashians photographed exclusively for REDBOOK by Ruven Afanador. Hair: Davy Newkirk for Nexus Salon Hair Care at traceymattingly.com and Robert Vetica for Moroccanoil at themagnatagency.com. Makeup: Karen Kawahara for Cloutier Remix using Dior Beauty and Francesca Tolot for Cloutier Remix using Dior Beauty. Manicures: Tom Bachik for Chanel/Cloutier Remix. Stylist: Elizabeth Stewart at 1+1 Mgmt. On Khloé: Roland Mouret dress, Jessica Simpson shoes. On Kourtney: Yigal Azrouël dress, Steve Madden shoes, Cartier bracelet. On Kris: Ralph Lauren dress, Brian Atwood shoes, Loren earrings. On Kim: Roland Mouret dress, Casadei shoes. On Kylie: Alice + Olivia dress, Steve Madden shoes, Cartier earrings. On Kendall: See by Chloé dress, Valentino shoes. Set stylist: Jamie Dean for Walter Schupfer Management.



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SWEEP DOWN



SWEEP ACROSS



FINISHED LOOK

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Freida is wearing The One Sweep Eye Shadow in Playful for All Eyes (829).
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4 secrets of our May issue

One of the amazing things that happens when you become a mom is that you feel an instant connection with other moms—not just your friends with babies, but *all* mothers. However different our lives may be, every mom knows, on a cellular level, what it means to love a child. Sorry, Zuckerberg, Facebook's got nothing on this social network. It's why I can relate to all 61 moms included in this, our first-ever family issue, from kitchen hottie Debi Mazar (page 248) to pioneering blogger Heather Armstrong (page 150) to cover star and momager extraordinaire Kris Kardashian (page 200). When I met Kris at our photo shoot, I recognized the expression on her face as we chatted with her youngest daughter, 13-year-old Kylie. That look said so clearly, *Wait! Stop growing up. Can't we just replay the last 13 years of your life?* (Sorry, Kris—no chance. Your "little one" is a beautiful and independent young woman who said no to wearing flats and insisted on platform heels, just like her sisters!) And I loved it when Kris told our special projects director, Lori Berger, "After 50 years of life, one of the best times

I remember was the week I gave birth to Kourtney. People sent flowers, brought me cookies. I was a princess for a week, and I got this baby—oh, my God." My first week of motherhood was less princess-like. My daughter, Julia, was a champion eater but upchucked into my nursing bra after every feeding. An epidural gone wrong left me unable to get out of bed for nine days after my delivery—not even for a shower. Yes: *gross*. Yet I felt much like Kris did, light-headed at my good luck. And I invariably have that same revelation on Mother's Day: *I get these kids—oh, my God!* We'll all be feeling that way together on Sunday, May 8. Enjoy it—and maybe some flowers and cookies, too.



Motherhood,
week one.


Jill Herzig, Editor-in-Chief
Redbooked@hearst.com

SECRET #2

SHE WORKS HERE!

We're so proud that Sunny Sea Gold (left), a REDBOOK deputy editor, has written the new book *Food: The Good Girl's Drug*. It chronicles her struggle with binge eating and how her mother inadvertently damaged her body image. On page 118, both women talk about how they helped each other and got close again.



Check out our
HUGE giveaway

SECRET #1

You can win
the beauty
mother lode!



The experts we corralled to judge this year's MVP beauty awards are big deals in their fields. They get free samples of new products all the time. And yet, our four-hour testing party made them inordinately happy.

"This was like a childhood fantasy! We were like kids in a candy store!" said dermatologist Diane Berson. (Witness their girly glee in our test-party video at redbookmag.com/mvpvideo.) Want to feel the same beauty high? Enter to win all 42 products they chose; page 252 has the details.





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EDITOR'S NOTEBOOK

SECRET #3

It takes 32 people to shoot 7 Kardashians

That's how many crew members we had at our May cover shoot, including stylists, makeup artists, manicurists, set decorators, and our fab photographer, Ruven Afanador. Also on hand: four racks of white dresses, 30 pairs of shoes, two platters of chocolate chip cookies and brownies (all the girls partook—yay, Kardashians!), lots of Kanye and Michael Jackson, two beach balls, and a tricycle. The only things missing? Big egos. The girls arrived at dawn, chatted, tweeted, laughed, and made not a single demand the entire day. Unprecedented! Mom Kris told us, "My girls' work ethic is second to none. They get up at 4 a.m., go to work, work until they fall down, and then get up the next day and do it all over again." She wasn't kidding!



Lulu's, \$33; lulus.com.



Michael Antonio, \$55; heels.com.

Want to dress like a Kardashian? Start here:



Loft, \$98; loft.com.



Chinese Laundry, \$70; chineselaundry.com.



Charles Albert, \$31.80; endless.com.



White House Black Market, \$148; whbm.com.



SECRET #4

WE'RE PLANNING A PARTY—FOR 15,000 OF YOU!

We know you need some quality time with your best girlfriends (there's never enough of that, right?), and no doubt you could use a cocktail. That's why we're organizing a thousand REDBOOK Happy Hour House Parties across the country on June 18. In fact, we want you to host one. We'll provide beauty goodies, snacks, cocktail recipes, and the perfect excuse to kick back with the women who keep you sane. Go to houseparty.com/redbookmag to apply. And hurry—every hostess gets a sparkly special gift.





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MAY'S CLICK LIST

Have a very good sex month

• redbookmag.com/monthofsex



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Can't-mess-it-up flower ideas

• redbookmag.com/easyblooms



Not sure what to do with that bundle of tulips? We'll help you arrange them like a pro. Follow our six quick steps to make a \$6 bouquet look like a million bucks.

Happy Mother's Day! Love, Gwyneth

• redbookmag.com/famousmoms



Here, your favorite celebs share all the sweet, funny, and sometimes wacky ways that being a mom has changed them. Plus, the best advice from some of *their* moms.



REDBOOK'S HOT HUSBAND OF THE MONTH

Name: Donald Hammond, 54, Dayton, OH

Job: TV news anchor

Family: Married five years; father to Philip, 29, and Matthew, 24; stepfather to Jessica, 20, Rose, 16, and Colman, 14

"Ugh, another egomaniac news anchor." That's what Catherine, 48, a television director, thought when she first spotted Donald at the station where they both worked. Granted, they'd never actually *spoken*, but she had worked with enough anchors to be put off. That all changed when she attended a party at Donald's place and caught the 6-foot-2 Army vet petting one of his teeny-tiny kittens. "It immediately softened me up," admits Catherine with a laugh. After the party, she accepted Donald's invite to play racquetball, where he made it clear this was more than just a workout. "He went to give me a high five," she says, "but instead of slapping my hand, he entwined his fingers with mine." They started dating, and Catherine further loved how open Donald was to spending time with her kids, who were much younger than his. "He could have just said, 'Been there, done that.' But he didn't," she says. Even sweeter: When Donald proposed, he said, "I want to be married to you *and* be part of your family." Sold! —AVA FEUER

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We want to know: What's your favorite Mother's Day tradition? Tell us and other REDBOOK readers at twitter.com/redbookmag or facebook.com/redbook.

WIN OUR 2011 BEAUTY MVPs!

This month, our amazing panel of experts picked the best new hair, makeup, skin, and body products (check 'em out on page 220). Now we're giving away some of the winners, one each day this month! Enter at redbookmag.com.

Want to see your guy here? Tell us all about him at redbookmag.com/hothusband—and enter to win our America's Hottest Husband contest.



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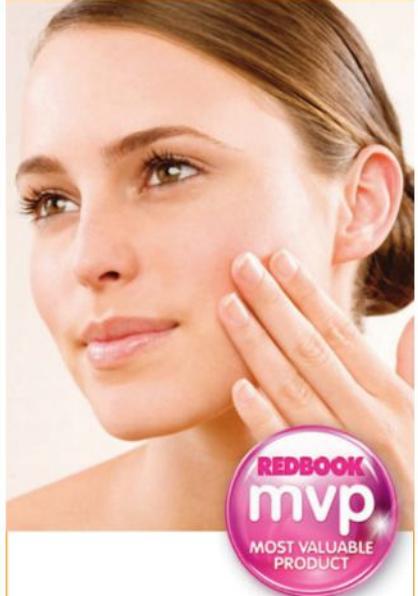


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This month's
STAFF CHALLENGE:
In honor of our family
issue, do one thing
to support military families.
(For ways you can help,
see page 185.)

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"I sent a basket of MVP award-winning beauty products (see page 220) to a reader whose husband was just deployed for the third time in their four-year marriage. I hope it puts a smile on her face!"
—JENNIE

"A reader was putting together a package for female soldiers on the U.S.S. Ronald Reagan, so I sent a stack of magazines and beauty goodies to include. She said it can be hard to indulge in 'girl time' on a predominantly male ship."
—BRITTANY

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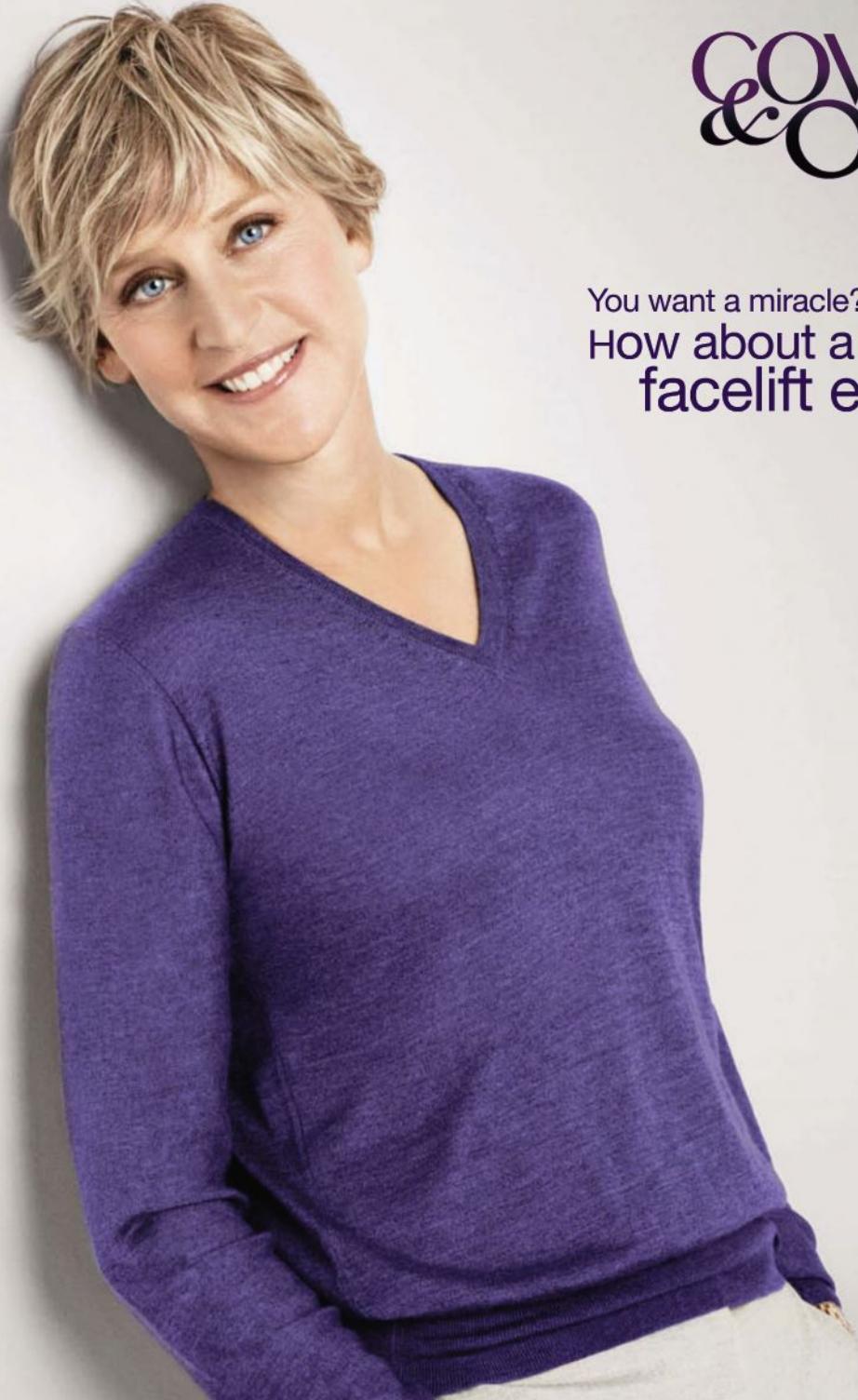
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A large, high-quality photograph of Ellen DeGeneres with short blonde hair, smiling warmly at the camera. She is wearing a purple V-neck sweater and light-colored pants.

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"My best friend's husband is in Afghanistan, so I sent a care package to him filled with candy and great stuff to read. Thank you for what you do, Captain Kwame Boateng!"
—MORGAN

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STYLE ESSENTIALS

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Trust us, we know. The thought of swimsuit season fast approaching can create a slight panic. But after a long, cold winter, you deserve to look and feel your best in the sun! REDBOOK's Fashion Merchandising Editor has Zappos.com's top essentials for spring—great swimsuits and accessories that will flaunt your inner fashionista all season long.



1.



2.



3.

1. You'll be the cat's meow in this one-piece halter swimsuit. With foam cups that provide support and a mesh powernet tummy control panel to slim the stomach, you'll be sexy in all the right places. Slip on a pair of interwoven, gladiator-inspired sandals that come with a padded insole. Say it with me now, "Ahhhh!"

Sun care is a must! Choose a sweat-resistant sunscreen with both UVA and UVB protection.

Tommy Bahama Cat Island High Neck Halter One Piece, SKU: 7728140; Born Crown Lark Sandals, SKU: 7722842; COOLA™ SPF 45 Moisturizing Sport Sunscreen, SKU: 7733662

2. Make a splash this summer with a glamorous 1950s-style swimsuit that boasts a ruched front and low-cut hip to enhance curves and minimize the hips. Then, add a floppy hat! The bold blue color is on-trend, and the extra-wide brim helps to block the sun while adding a dramatic flair.

Reach new heights with a fashionable pair of wedge sandals. They include chic brass details, and—get this—they mold to your feet!

Miraclesuit Rialto Swimsuit, SKU: 7772084; Echo Design Ombre Straw Floppy Hat, SKU: 7789847; Softspots Sandals, SKU: 7756908

3. This adorable two-piece will brighten up any day at the beach with a design that exclaims "All eyes on me!" The top and bottom are fully lined, providing full coverage and a flattering fit. Accompany your suit with an ultra-cute, ultra-comfy pair of thong sandals, lined with sheepskin fabric.

No look is complete without a stylish pair of oversize sunglasses. The gradient lenses with UV protection allow you to enjoy the sun without the glare—and dodge paparazzi if need be!

Patagonia Swimwear, SKU: 7594325, 7722762; UGG Tasminda, SKU: 7305596; Lilly Pulitzer Cabana Sunreader, SKU: 7753258



Morgan Brooks
REDBOOK's
Fashion Merchandising Editor



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CHEERS TO JENNA!

I really enjoyed the article on Jenna Fischer ("Office Gossip With Jenna Fischer," March). I love her work and think the relationship between Pam and Jim on *The Office* is the best love story on television. —JANET BARTELS, *Rice Lake, WI*



FAMILY BONDING?

I'm not against PDA and have no problem giving my daughters a quick peck on the lips, but I was appalled by the picture of Stephanie Seymour and her son ("Spill, Vent, Gossip, Go!" March) in public, barely clothed, and kissing on the mouth! It turned my stomach when I realized they were mother and son—they looked like lovers! —CAROL COX, *Federalsburg, MD*

My family kisses on the mouth and we do so proudly. How families show affection for one another is no one's business but their own. —ROBIN BLAIR, *Redwood City, CA*

PRETTY, PRETTY, PRETTY!

I'm a huge fan of *How I Met Your Mother*, so I was excited to see Cobie Smulders modeling the fun spring looks in your March issue ("Mood Makeup"). I will definitely try these tips. —BRANDY GOWENS, *Norman, OK*

"How families show affection for one another is no one's business but their own."

FASHION ALL MONTH LONG

I loved your article "31 Days of New Outfits" in the March issue. I'm starting a new career, with a new body, and I need a new wardrobe. This helped me realize that I can pull it together without a lot of money, and a wardrobe moron like me needs all the help she can get! —YVONNE BOYACK, *Dallas*

IT'S A GUY THING

I loved "The Man Q & A" (March), but

I was sorry to see the answer to the question "Why are fart and penis jokes so damn funny? Why are my guy and his friends telling the same fart and penis jokes they've told for the last 20 years?" These jokes are *not* hilarious. Silly women—we still have a part of our brains thinking that men have matured along with us over the years. It was disheartening (and somewhat sad!) to find out that they haven't. —KAREN BILLOW, *Bel Air, MD*

WE LOVE THE REDBOOK EXPERIMENT!

When reader Rena Smithey emailed us in January about her new blog, the Redbook Experiment, we immediately bookmarked it—after all, it's a diary of her weight loss, based entirely on health and fitness tips from our pages! Now, several months into her journey, we checked in to see how the 30-year-old mom of two is doing: "So far, I've lost nine pounds and about six inches from my hips, waist, and thighs. What I love most is that I can incorporate REDBOOK workouts at home, so I can take care of my body and still be with my kids. For example, I let Jennifer Grey ("My Biggest Fan," February) inspire me to do Zumba, and my daughter loved dancing along! The craziest thing I've tried was a tip from Padma (Lakshmi, January): She said that she ran stairs for 45 minutes as a default workout. To this day, I pray that no one ever mentions anything like that in REDBOOK again—but it was my most effective workout yet. Overall, I love the changes I see in my body and that REDBOOK is for women like me—young mothers who

don't want to lose sight of their femininity, health, and professionalism in the spit-up-and-mashed-banana panorama that is motherhood." Keep up the amazing work, Rena!



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"Being green is about using all natural resources, including your time, wisely. Living efficiently makes life less stressful."

LINDA WOODRUM, INTERIOR DESIGNER

DINING ROOM (PREVIOUS PAGE)

The Dining Room offers generous views of the water-conscious landscaped yard, and the sunlight coming through the high-efficiency Andersen® windows (which filter UV rays and control temperature for energy efficiency) reflects beautifully off the hand-scraped Epic Hardwood floors. Throughout the home, the walls are painted with no-VOC Sherwin-Williams Harmony shades (here, in Gray Matters).

THIS YEAR'S HGTV GREEN HOME, a modern prairie-style 3-bedroom home, is truly green from the ground up: The house is located in Denver, CO, in the Stapleton community, a 4,700-acre town built on the site of the former Denver airport. "Stapleton itself is a recycled community," says Jack Thomasson, the HGTV Green Home House Planner. "The airport has literally been recycled into a thriving, beautiful community."

The HGTV Green Home was recently awarded the prestigious LEED® Platinum green building certification for exhibiting the highest energy and water efficiency, indoor environmental quality, and excellent use of recycled materials and renewable resources. But as you walk through the front door to this beautiful home, it's not the eco-friendly aspects of the house that hit you; it's the warmth and style of this cleverly laid-out home.

KITCHEN

When you first walk in, your eyes are drawn to this enviable Kitchen, where not an inch of space is wasted. Cabinets made of wood from sustainably managed forests extend straight to the ceiling for maximum storage. Sleek and stylish ENERGY STAR® appliances save water and energy. The large kitchen island is truly multipurpose: Use it as a prep area, breakfast bar, or buffet table. The luminous backsplash from Shaw features intricate mosaic tiles repurposed from fine glass work, and the dazzling countertops are made from crushed quartz.

"DO" ROOM

This multipurpose space fits a whole lot of living into a modest footprint. Tucked behind the frosted, contemporary glass doors is a hidden space perfect for storage. Concealed cabinets open to reveal a washer and dryer, with a sink and garment-drying rod to the right. Cabinets on the far wall house pull-out stainless steel craft tables, desks, and stools, along with cork boards, cubbies, and shelves. Interior Designer Linda Woodrum's favorite feature: a streamlined giftwrapping area that's discreetly tucked away. Whatever your favorite hobbies are, the "Do" room is the perfect space for them.

GREAT ROOM

Fabulous and functional, the modern-traditional Great Room has high-style appeal. A bright area rug anchors the room, the saturated hue popping off the charcoal tones and providing an energizing accent color for pillows, accessories, and local art. But on closer look, the room reveals an eco-friendly attitude and family-friendly comfort. The Shaw Anso Nylon area rug is made of 25% recycled material and is recyclable back into new carpet or rugs. Slide back the art that hangs above the super-efficient Rinnai gas fireplace to reveal a flat-screen TV, and settle onto the mohair-feel couch, which has been upholstered in durable indoor/outdoor fabric.

"I love the surprise of the house. At first look, it's just a beautiful home—then you learn about all these green features, and it's a wonderful bonus."

JACK THOMASSON, HGTV GREEN HOME HOUSE PLANNER



Note: 80-year-old radiators have been transformed into an armchair!

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UPSTAIRS LOFT

Step upstairs to the airy second-floor loft to discover a cozy family room connecting the bedrooms and upstairs bath. "Hallways can eat up a lot of square footage," Thomasson explains. "When you're trying to live within a smaller footprint, it's important to eliminate them whenever possible." The light, open room is multifunctional: It's an ideal reading nook, a perfect homework spot, and a comfortable gathering place for family game night.



GIRL'S/GUEST ROOM

A cheerful burst of deep pink in this bedroom is made more sophisticated with neutral tones of wheat and white. Woodrum used a mix of materials as well, from natural textures on the bedding and walls to a sink-your-feet-in shag rug. Note the deep color on the ceiling in this room and many others throughout the home: "I love to paint ceilings the same color as the walls," she says. "It's another opportunity to bring color into a room, and it opens up the space."

BOY'S BEDROOM

Light and dark floorboards were used here to add visual interest to a small room. The room also features a chair upholstered in indoor/outdoor fabric, sustainable woven toy baskets, and a mirror frame decorated with recycled materials.

"The HGTV Green Home sets a great example of how everyone could be living: treading lightly on the environment, but doing it with a sense of style and flair." — JAMIE DURIE, HGTV DESIGNER

 Tune in to HGTV to find out who wins the HGTV Green Home on Saturday, August 20 at 8 P.M. EST

THE GREEN TEAM

MEET THE TALENTED TEAM WHO CREATED THE HGTV GREEN HOME



JACK THOMASSON
HGTV GREEN HOME
HOUSE PLANNER



LINDA WOODRUM
INTERIOR DESIGNER



JAMIE DURIE
HGTV DESIGNER



SABRINA SOTO
HGTV DESIGNER

“With nature-inspired details and little bursts of color, the master bedroom is equal parts energizing and tranquil.” LINDA WOODRUM, INTERIOR DESIGNER



MASTER BEDROOM

This welcoming retreat is decorated predominately in grays and neutral tans, with orange and blue accents. Its masculine materials—concrete nightstands and metal accessories—are balanced by an ethereal wicker side chair, sheer window treatments, and a duvet decorated with birds. “In today’s fast-paced world, people need a spot that’s soothing and calming,” says Woodrum.

MASTER BATHROOM

This luxurious Master Bath is your own personal spa getaway. The earth-tone floor tiles from Shaw contain up to 40% post-industrial recycled content; the twin vanities are outfitted with eco-performance Moen® faucets in a sleek chrome finish; and the water closet houses an efficient dual-flush toilet. The spa feel continues to the spacious shower stall, where Moen’s® rainshower showerhead delivers fuller-body invigorating spray power with less water.



“What makes this house so great is not only how it was built, but what’s in it—no-VOC paints, recyclable area rugs, recycled furniture, linens made from organic cottons, local art. It’s fantastic!” SABRINA SOTO, HGTV DESIGNER

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OUTDOOR SPACE

Located across the street from one of Stapleton's 24 parks, the HGTV Green Home takes full advantage of its natural surroundings. "The parks, bike paths, and walking trails throughout the community are what connect the residents and encourage a healthy lifestyle that goes hand in hand with living green," says Thomasson. "We wanted to highlight that lifestyle."

Because there's so much common outdoor space in the neighborhood, Thomasson and his team felt liberated to turn the front and side yards of the home into outdoor rooms. The front garden is like a private retreat, made cozy with an outdoor Rinnai fireplace. You can sip wine by twilight, secluded from the sidewalk by draught-resistant shrubs and trees. On the Trex deck out back, you can read a book on the hammock or enjoy a family meal alfresco.

Built with sustainable materials, ingenious, eco-friendly details, and bursting with creative design, this year's HGTV Green Home is a standout house where any family could feel right at home.



NO PURCHASE NECESSARY TO ENTER OR WIN A PRIZE. For full official rules, visit hgtv.com or send a self addressed stamped envelope to: "HGTV Green Home Giveaway" – RR, P.O. Box 51544, Knoxville, TN 37950. Sweepstakes starts at 9:00 a.m. ET on 4/14/2011, and ends at 5:00 p.m. ET on 6/2/2011. Must be a legal US resident to enter, age 21 or older. Void where prohibited. Main Sponsor: Scripps Networks, LLC d/b/a Home & Garden Television.

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WHAT'S YOUR IDEAL MOTHER'S DAY GIFT?

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◀ Breakfast in bed **34%**



◀ Handmade artwork **28%**

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"For my daughter to finally clean her room!"
—TIFFANI HOOPER, ETTERS, PA

SPILL VENT GOSSIP GO!

EVERYTHING
YOU CAN'T STOP
TALKING ABOUT
RIGHT NOW

'80S FLASHBACK!

Belly-baring shirts (remember those?) are huge for spring. What would it take to get you in one?

Rihanna wears this look so well, we almost want to try it. *Almost.*



- 37% Free lipo
- 30% No way, no how
- 26% I'd need my 20-year-old body back
- 7% I'm totally wearing one!

VIRTUAL PLAYDATE

Disney just bought **TOGETHERville**, a social networking site for kids under the age of 13. Is this idea...

AWFUL OR BRILLIANT?

82% ▶ **18%**
said
AWFUL! *said*
BRILLIANT!

WHICH OLD FRIEND ARE YOU STILL HAPPIEST TO SEE?

Jennifer Aniston



Last appeared in
Just Go With It

Matthew Perry



Stars in
Mr. Sunshine

Courteney Cox



Stars in
Cougar Town

Lisa Kudrow



Last appeared in
Easy A

Matt LeBlanc



Stars in
Episodes

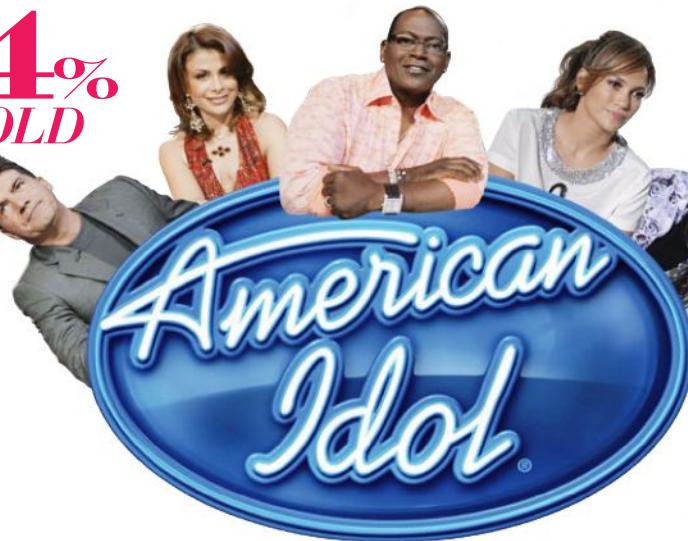
DO YOU PREFER THE **OLD** OR **NEW** AMERICAN *IDOL*?

54%
said OLD

"I miss Simon—he told it like it was!"
—SHELLY TALTY,
LAS VEGAS

46%
said NEW

"This season is more positive and better to listen to!"
—JOELLA JOHNSON,
WYTHEVILLE, VA



Do you care if your hubby wears a wedding band?
62 percent of redbookmag.com voters say it's

NON- NEGOTIABLE

(The other **38 percent** say it's totally up to him.)

"When we first married, he wore it every day or else.... Eleven years later, I could care less if he wears it!" —ROBYN, VIA FACEBOOK

HOUSEBREAKING OR DIAPERS?

According to a new survey, some young people are choosing to have **pets** instead of **children**. Are they crazy—or are they on to something?

71%
ON TO SOMETHING



"Why not? They're loyal, they'll never talk back, and they'll always be there for you!"
—ELLEN SARGENT,
ST. ALBANS, VT

29%
CRAZY

"The cutest puppy in the world couldn't compare to my stepson!"
—KAMERON GUNTON,
HENDERSON, NC



43%

Socks with sandals



27%

A man purse



22%

Skinny Jeans



8%

Any form of tank top





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MOMMY BLOGGER FACE-OFF

SHOULD YOU INVADE YOUR KID'S ONLINE PRIVACY?



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It could make all the difference

"One week shy of his high school graduation, my 18-year-old son, Henry, died of a drug-related brain injury. Several months before his death, he was in rehab, and I hacked into his computer to find any clues that might help treat him. It felt like a terrible invasion... until the information spilled out. There were emails discussing where to buy drugs and links to message boards where he discussed drug-related topics with strangers. The information went back years. If I had peeked into his Internet activities sooner, I would have known how serious the problem was. The warning signs were there, and in hindsight, the very first thing I should have done was crack his online world wide open. Kids today have lives that exist entirely online, and they don't want their parents to see them. For that reason, parenting requires a new set of rules when it comes to keeping our children safe—and that includes making it clear to our kids that their digital privacy is extremely limited, and subject to review."

—KATIE ALLISON GRANJU, MAMAPUNDIT.COM

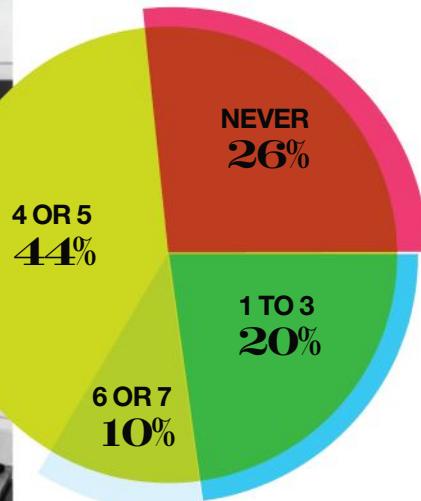
✗ NO

You learn much more by listening

"Like many parents, I've been tempted to police my kids' online activities. But I believe that the minute your child suspects you're checking up on them, the more secretive they'll become, and they'll shut you out. So instead of reading my 12-year-old daughter's Google history, I try to educate her about the dangers and consequences of cyber-bullying or sending inappropriate messages. I think one of the keys to raising a safe, well-rounded child is teaching them to be responsible and ethical online. But snooping won't accomplish that—if anything, it sets the wrong example. I try to connect with my kids offline often by asking them about what's going on in their world. I learn so much more by really listening to them than I ever could by snooping in their inboxes. Growing up today can't be easy, and the more you can bond, share, and teach your kids, the less likely they are to get in trouble online—and off." —BETH FELDMAN, FOUNDER OF ROLEMOMMY.COM

THE CHEF IS IN

How many nights a week do you cook a meal from scratch?

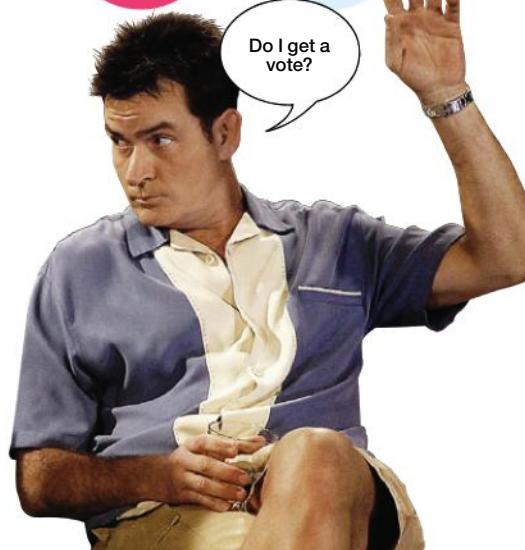


STAR POWER?

WILL YOU WATCH TWO AND A HALF MEN WITHOUT CHARLIE SHEEN?

63%
yes

37%
no



CLOCKWISE FROM TOP RIGHT: DORLING KINDERSLEY/GETTY IMAGES, COURTESY OF CBS, GETTY IMAGES.



FEMME DE CIRQUE

SOFTSHADES BY OPI



LACQUERS FROM LEFT TO RIGHT:

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SPILL VENT GOSSIP GO!

RISE AND SHINE

The royal wedding starts at 11 a.m.... London time. What time will you get up to watch?

4 a.m.

21 percent of you want to see the pregame coverage.

6 a.m.

11 percent will tune in just in time for the ceremony.

7:30 a.m.

3 percent will just catch the wrap-up.

Zzzz...

65 percent won't let it ruin their beauty rest.

WHAT'S THE FUNNIEST TEXT YOUR GUY HAS EVER SENT YOU?



WOW, THAT WAS **EMBARRASSING!**

FIRST IMPRESSIONS

"I was temping at a hospital, and on the day I came in to be trained, a nice young lady took me into every office to introduce me to the staff. When we reached the very last one, a woman smiled and said, 'So nice to meet you. May I tell you something? Your pants are split wide open.' Sure enough, when I reached around, there was nothing but sheer pantyhose from crotch to waistband. I yanked off my jacket, tied it around my waist, and promised to wear new pants the next day!"

—J.B., BIRMINGHAM, AL



FOR A GOOD TIME, CALL...

"I was out with my sister and a friend, and after a night of dancing—and several cocktails—a really cute guy asked me for my phone number. I grabbed a pen from the bottom of my purse to write the number on a bar napkin, but it didn't work... because it was a tampon."

—E.C., BROOKFIELD, WI



REALLY MISUNDERSTOOD

"It had been a long day, and I stopped by a drugstore to get a few things before heading home. I was carrying them to the checkout when I dropped the 12-pack of soda I was buying and cans exploded everywhere. I looked around helplessly, and the cashier told me, 'You need to go get another one' so that he could ring it up. But I thought he said, 'You need to throw another one.' So I picked up a can and spiked it on the ground (among all the other spilled, fizzing liquid). The cashier and customers looked horrified, and I realized my mistake—but before they could say anything, I sprinted out of the store and haven't been back since!"

—A.M., GREENWICH, CT



CLOCKWISE FROM TOP RIGHT: DAN HALLMAN/GETTY IMAGES, CHRIS ECKER/STUDIO D, PHILIP FRIEDMAN/STUDIO D, JEFFREY WESTBROOK/STUDIO D, GEORGE DOYLE/GETTY IMAGES, MICHAEL MCCLOSKEY/GETTY IMAGES.

dear kids who have to clean the stupid dishes,

aren't parents, like, so annoying? they cooked the dinner. they used *all* the dishes. they made the mess. why should you have to clean it up!? because, "as long as you live in my house blah blah blah." but you know what? it doesn't have to be nearly as painful as you think.

method® dish soap smells awesome and comes with an easy-shot pump—which is essentially a sink squirt gun. so as you're speed-cleaning your way through the pile, you might just earn some well-deserved facebook time. win-win.

listen, we know dish duty gets in the way of your texting. but cleaning toilets is way worse. and if your new nightly problem becomes, say, parents who steal the easy chores—like dish-washing—join the **people against dirty**® at methodhome.com. we've been there.

for the love of clean,™

method.





New Suave Creamy
Naturals prove
delicious fragrances
don't have to wear a
Bath & Body Works*
pricetag.



Visit Facebook.com/SuaveBeauty



50 UNDER \$50

OUR MOTHER'S DAY GIFT
TO YOU? THESE FAB FINDS
(A WHOPPING **28** UNDER
\$20) THAT MAKE IT EASY TO
BE A HOT & HAPPY MAMA.



1 Invite Ringo Starr to dinner—you're having a Sergeant Pepper party! Tapestry plate, \$11; frenchbull.com. 2 The perfect reason to institute a daily green-tea break. Calypso St. Barth for Target teapot, \$12.99; target.com. 3 Get yourself to a speakeasy, lady: This dress transmits pure '20s-style glamour. Dress, \$34.80; forever21.com. 4 A brilliant filler for that gaping hole next to *War and Peace*—or *Goodnight Moon*. Karlsson table clock, \$24.99; amazon.com. 5 Packed with olive oil and shea and cupuaçu butters, this moisturizer is richer than Warren Buffett. Body Cellular Gold Hydrating Body Balm, \$35; laroccaskincare.com. 6 This scarf instantly turns a white tee into a *top* (and hides that hickey from date night). Scarf, \$34; jessicasimpsoncollection.com. 7 Is it a hxford (heeled oxford)? A strace-up (strappy lace-up)? Whatever, we just call it sexy. Fergalicious Marla heels, \$49.99; Bon Ton.

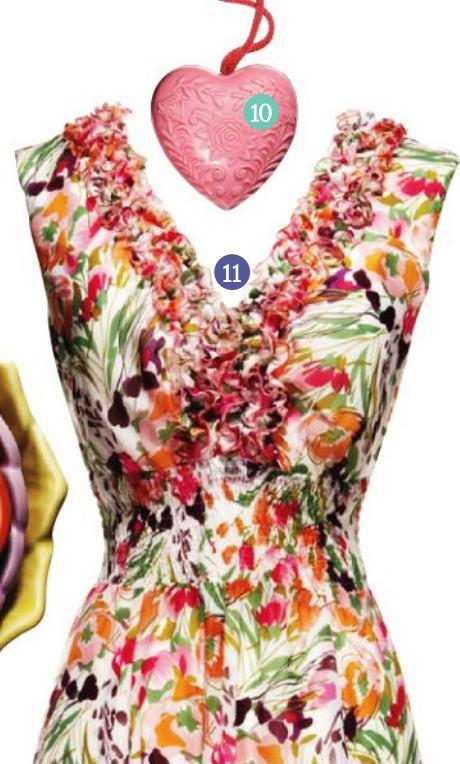
50 UNDER \$50



8



9



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11



15

BETTER THAN PENNIES FROM HEAVEN? DIVINE PRICES!



14



13



12



8 Bag some good karma: A portion of each purchase provides a year's worth of vitamins to three malnourished kids. American Eagle Outfitters Feed tote, \$39.50; ae.com. 9 Who knew something so pretty could be so useful? Measuring cups, \$29.95; redenvelope.com. 10 We haven't been this jazzed about soap-on-a-rope since seventh grade—it's rosy and *gorgeous*. Soap, \$12.95; spoonsisters.com. 11 Perfectly lovely, perfectly flattering, and yeah, perfectly priced. Dress, \$39.99; dressbarn.com. 12 So you can record him when he says, "I'll clean it up tomorrow." The Sharper Image U-Video camera, \$49.99; jcpenney.com. 13 Goody three shoes: Get these cute espadrilles and two pairs will be donated to children in need. Bobs by Skechers, \$45; skechers.com. 14 These bronzers come with hilarious instructions, like "How to Lose 10 Lbs in 10 Seconds." The Bronzed & the Beautiful Bronzing Collection, \$38; toofaced.com. 15 Glint on your wrist, tingle in your heart. Bangles, \$48; janessaonline.com.



naturally,
if you treat your hair
color
with kindness and respect, it
stays vibrant
until your next color

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discover the power of
ACTIVE NATURALS®

ACTIVE NATURALS® lupine

- vibrancy lasts up to 40 washes*
- gently seals in color to help prevent fading



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*LIVING COLOR™ Shampoo & Conditioner vs. a wash study vs. water

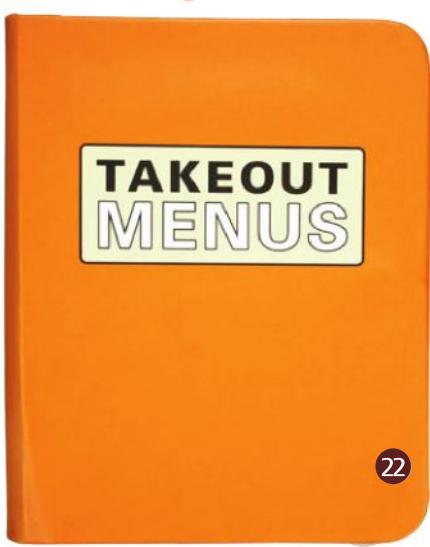
50 UNDER \$50



16



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21

16 Show your porch some hippie-chic love. Capiz wind chime, \$24.95; Pier 1 Imports. **17** Make a splash at poolside cocktails (did someone just pass out into the pool?!?). Mark maxidress, \$34; meetmark.com. **18** No veggie left behind! This cutting board folds, so your work ends up in the pot, not on the floor. Chop2Pot Plus chopping board, \$16; josephjoseph.com. **19** Bangles should be seen, not heard, so these stay-put ones come in sizes small to extra-large. Fitted bangles, \$16 to \$22 each; mangotreebangles.com. **20** The best blend of tension-quelling ingredients (mandarin, spearmint, and lavender) under one lid. Sea Spa bath salts, \$32.50; repechage.com. **21** See Spot strut. Bone Dog Lead, \$19.95; crateandbarrel.com. **22** It's 6 p.m. on Friday night—who ya gonna call? This menu organizer makes it easy to figure out. Takeout Menus binder, \$21; knockknockstuff.com.



calvinkleinfragrances.com
[macy's and macy's.com](http://macy's.com)

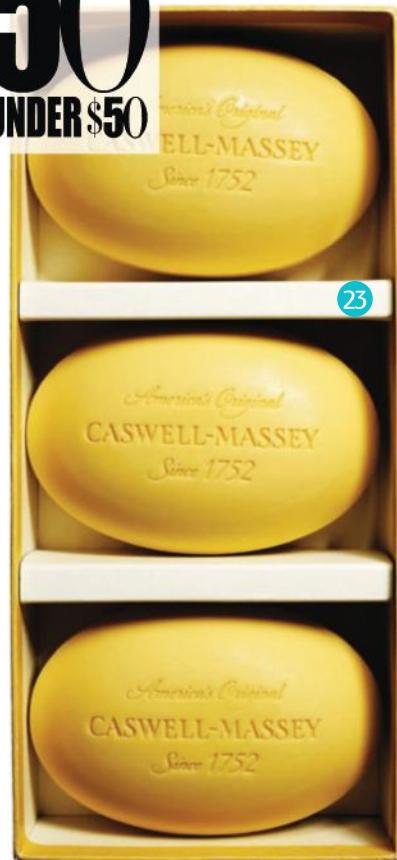
ETERNITY

Calvin Klein

what begins here never ends



50 UNDER \$50



23



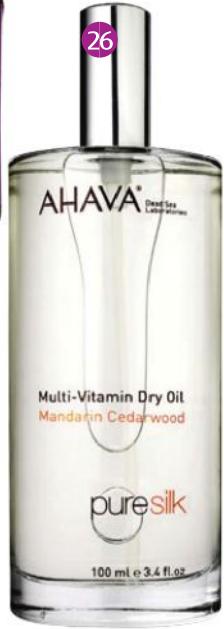
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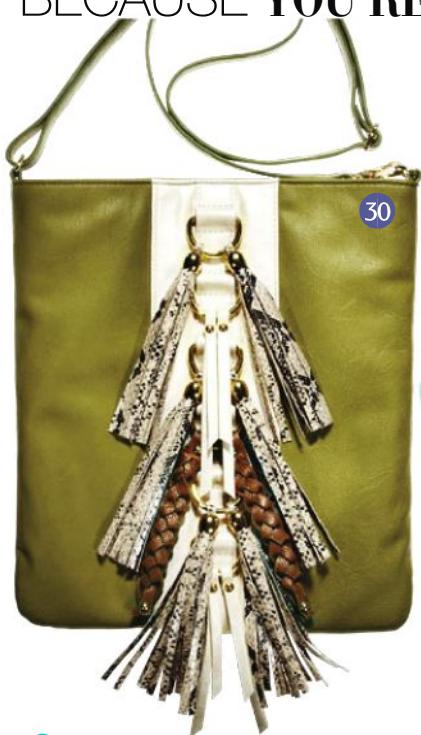


26



28

BECAUSE YOU'RE WORTH IT, AND THEY'RE FREAKIN' CUTE



30

Organizes makeup—or whatever!

23 An MIT-trained soap savant (okay, an engineer) helped formulate these natural bar soaps that never dry out. Set of three, \$40; caswellmassey.com. 24 Take mood lighting to a higher level. Pillar holder, \$12.95; zgallerie.com. 25 Organize to your makeup-loving, clutter-hating heart's content. Soho Beauty Case, \$35; [select Bath & Body Works](http://selectbathandbodyworks.com). 26 A little of this body oil goes a long, sublimely scented way. Ahava Mandarin Cedarwood Multi-Vitamin Dry Oil, \$36; ahavaus.com. 27 Yet again, that best-thing-small-package theory is proved true. Earrings, \$46; silpada.com. 28 Sure to inspire at least one retro-cute *Dirty Dancing* moment. Airwalk Eazy laceless sneakers, \$19.99; payless.com. 29 White jeans, meet "the one." Apt. 9 blouse, \$36; kohls.com. 30 All the It Bag flourishes without the heart-stopping price tag. Danielle Nicole Mimi bag, \$49; hsn.com.



Dry skin has a way of
creeping up on you.

LUBRIDERM® Daily Moisture is your moisture match.

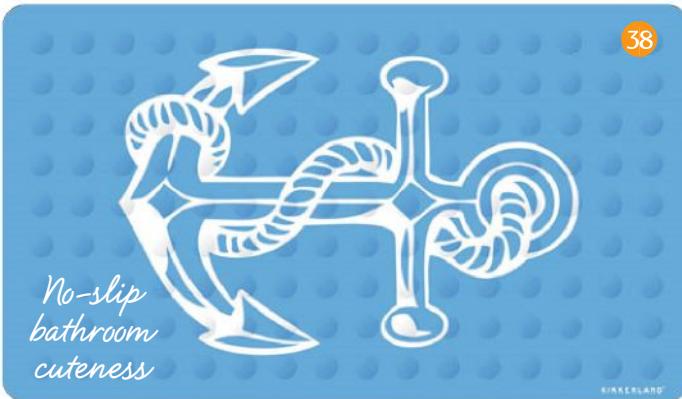
It contains the same nutrients naturally found in healthy skin. Skin accepts it better. Absorbs it better.

And it lasts for a clinically tested 24 hours, for skin that looks and feels truly comfortable.

Later, gator.



20 UNDER \$20

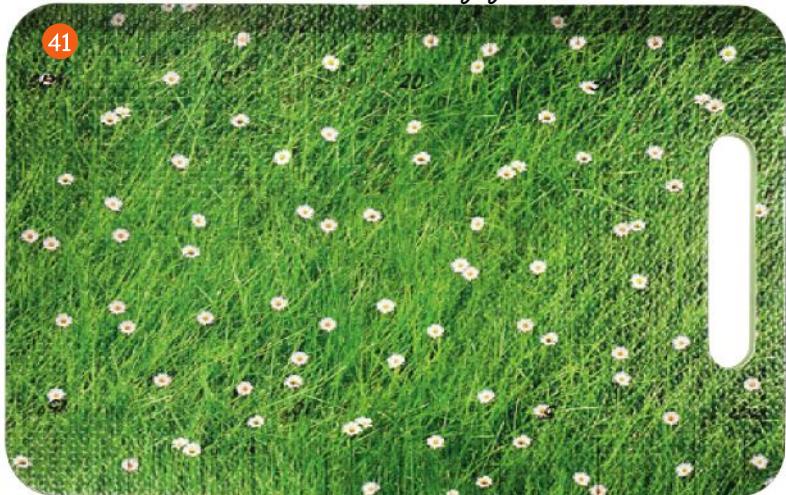


MACARONI NECKLACE ASIDE, NOTHING ELSE YOU GET

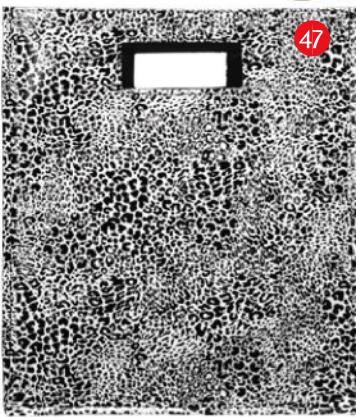
31 A breezy floral dress with a wallop of sex appeal. Susie Rose dress, \$16; walmart.com. **32** Glamour befitting your black Amex... or your good ol' faithful green one. Card holder, \$3.90; windsorstore.com. **33** Split-personality skin sloughers: One side is loofah-like, the other is a kinder, gentler buffer. Spa Sister Miracle Smoothing Mitt, \$10; bathaccessories.com. **34** Clean body, clear conscience: The Body Shop's six new shower gels come in 100-percent recycled bottles. Shower Gels for Earth Lovers, \$12 each; thebodyshop.com. **35** Look like yourself 2.0 with these au natural lip, cheek, and eye colors. Sonia Kashuk Spring Awakenings Face Palette, \$19.99; target.com. **36** The sun is out! At last! Celebrate! Sunglasses, \$9.50; Old Navy. **37** Rustic ambience for your patio table. Set of two bubble-glass lanterns, \$19.99; jcpenney.com. **38** Draw the bath, whip out the tot-size sailor hats, and commence taking future blackmail pictures. Tub mat, \$16.50; kikkerlandshop.com. **39** Your iron just became an endangered species (we know, so disappointing): This little green ball delivers wrinkle-free clothes straight from the dryer. Mister Steamy dryer ball, \$19.99; mistersteamy.com.

BATH MAT, SPONGE MITT,
COURTESY OF MANUFACTURERS.

Garden without killing your knees ↗



Is this price from 1902? They're really just \$1.50? Score!!! Earrings, \$1.50; forever21.com.



45



43

FOR MOTHER'S DAY WILL TOP THESE AMAZING STEALS

40 A pretty shadow packed with wrinkle-fighting moisture (bonus!). Mesmerize Eye Color Treatment in Dream, \$18; vapourbeauty.com. 41 Nix grass stains—and creaky knees—with this cushy gardener's pad. Garden kneeler, \$4.99; bedbathbeyond.com. 42 Give yourself wood (heh heh... sorry). Mark bracelet, \$16; meetmark.com. 43 Let your beauty essentials travel in earthy-chic style. Calypso St. Barth for Target train case, \$16.99; target.com. 44 A cult-favorite gloss in a modern-art-y package. Natural Juicy Tube by Yayoi Kusama in Crazy Raspberry, \$15; lancome-usa.com. 45 Fly through your coupon clipping. Woodpecker scissors, \$14.99; pier1.com. 46 A brilliantly precise fix for little undereye smudges. Japonesque makeup-remover swabs, \$4.95; aveyou.com. 47 Unsightly junk has a new cute hideout. Mumper collapsible storage bin, \$19.99; twolumpsofsugar.com for stores. 48 A berry sexy lipcolor. Ultra Color Rich Moisture Seduction lipstick in Red Kiss, \$8; avon.com. 49 Is this price from 1902? They're really just \$1.50? Score!!! Earrings, \$1.50; forever21.com. 50 Serious Rx for elbows, feet, or any other parched parts. Smith & Vandiver Moisture Balm in Neroli & Lavender, \$5.99; svnaturally.com.



**Free
Stuff!**
Plus the
chance
to win
\$250,000

(SEE DETAILS
BELOW)

A DREAM VACAY IN MEXICO

1 reader will win a 3-night trip for 2 to the 4-star La Mision hotel in Loreto, Mexico, including a 4-course dinner at Los Olivos restaurant, a round of golf, a spa treatment for 2, and \$600 in airfare vouchers, from lamisionloreto.com. Approximate retail value, \$2,280.

A hot and sunny **trip**,
luxe swimwear, and total
skin care—see, you're
all set for **summer!** Enter
to win at redbookmag.com/freebies.



"OM" AT HOME

20 readers will each win a Tree of Life kit—including yoga mat, bag, and water bottle—plus 3 yoga and Pilates DVDs, from shopgaiam.com. Value of set, \$80.



AWESOME TV, FOR FREE

4 readers will each win a 24-inch HD LED wide-screen TV from Sceptre. Value of each, \$399.



A WATCH WITH MAJOR COOL

7 readers will each win a Triple Wrap Oxford Bullet watch—you pick your band color—from redmonkeydesigns.com. Value of each, \$245.



GLOWIER, PRETTIER SKIN

20 readers will each win a 3-piece skin-care set including a brightening cream with SPF 25, eye cream, and vitamin-rich serum, from Grassroots Research Labs. Value of set, \$93.



THE BEST MOM BAG EVER

8 readers will each win a reversible hobo diaper bag, with a removable inner satchel, insulated cooler bag, and padded changing mat, from Isoki. Value of each, \$190.



HIT THE BEACH IN STYLE

10 readers will each win a gift card to swimspot.com, which features brands such as Ella Moss, St. John, and Tommy Hilfiger. Value of each, \$150.



Even better: You could win \$250,000 in cold, hard cash! For your chance, enter at wincash.redbookmag.com. See page 252 for details.



Kiss
those lines
goodbye!™

Ask your doctor about
Juvéderm® XC

One treatment lasts up to one year*

JUVÉDERM® smoothes out those parentheses lines along the sides of your nose and mouth—instantly. Go to Juvederm.com to find out more about JUVÉDERM®, the #1 selling dermal filler in the U.S.**

Individual results may vary. 1 877-FILLER MD (877-345-5376). JUVÉDERM® is indicated for correction of moderate to severe facial wrinkles and folds (such as nasolabial folds). Side effects, usually mild to moderate, include temporary injection site reactions such as redness, pain, firmness, swelling, or bumps.

Please see important treatment considerations on reverse side. By prescription only.

*With optimal treatment. **January 2009 through April 2010; Data on file, Allergan, Inc.; US Facial Injectables Market Share Report; GuidePoint Global Filler Share Tracker.

 **ALLERGAN**
THE SCIENCE OF REJUVENATION

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REDBOOK

Important Treatment Considerations

A Brief Description of Indications for Use, Contraindications, Warnings, Precautions, and Adverse Events for JUVÉDERM® Injectable Gel

Indication: In the United States, JUVÉDERM® injectable gel (including JUVÉDERM® Ultra, JUVÉDERM® Ultra Plus, JUVÉDERM® Ultra XC and JUVÉDERM® Ultra Plus XC) is indicated for correction of moderate to severe facial wrinkles and folds (such as nasolabial folds).

Contraindications: JUVÉDERM® injectable gel should not be used in patients who have severe allergies marked by a history of anaphylaxis or history or presence of multiple severe allergies. JUVÉDERM® should not be used in patients with a history of allergies to Gram-positive bacterial proteins. JUVÉDERM® Ultra XC and JUVÉDERM® Ultra Plus XC should not be used in patients with a history of allergies to lidocaine.

Warnings: JUVÉDERM® injectable gel should not be injected into blood vessels. If there is an active inflammatory process or infection at specific injection sites, treatment should be deferred until the underlying process is controlled.

Precautions: The safety of JUVÉDERM® for use during pregnancy, in breastfeeding females, or in patients under 18 years has not been established. The safety and effectiveness of JUVÉDERM® injectable gel for the treatment of areas other than facial wrinkles and folds (such as lips) have not been established in controlled clinical studies. Patients who are using substances that can prolong bleeding, such as aspirin or ibuprofen, as with any injection, may experience increased bruising or bleeding at injection site. Patients should inform their physician before treatment if they are using these types of substances. As with all skin-injection procedures, there is a risk of infection. JUVÉDERM® should be used with caution in patients on immunosuppressive therapy, or therapy used to decrease the body's immune response, as there may be an increased risk of infection. The safety of JUVÉDERM® in patients with a history of excessive scarring (e.g., hypertrophic scarring and keloid formations) and pigmentation disorders has not been studied. If laser treatment, chemical peel, or any other procedure based on active dermal response is considered after treatment with JUVÉDERM® injectable gel, or if JUVÉDERM® is administered before the skin has healed completely after such a procedure, there is a possible risk of an inflammatory reaction at the treatment site.

Adverse events: The most commonly reported side effects are temporary injection-site redness, swelling, pain/tenderness, firmness, lumps/bumps, and bruising. Most side effects are mild or moderate in nature, and their duration is short lasting (7 days or less).

Important: For full safety information, please visit www.juvederm.com or call Allergan Product Support at 1-877-345-5372.

CAUTION: Rx only.

APC61ZU10



WIN
\$250,000
IN CASH!

Pay off your bills, buy that dream house, or take a really long vacation. Just enter for a chance to win our

\$250,000 Cash Giveaway.

See page 252 for details.

Go to: wincash.redbookmag.com



A close-up, high-contrast photograph of actress Jennifer Garner. She has long, straight, light brown hair and is smiling warmly at the camera. Her right hand is resting against her cheek, with her fingers near her eye. She is wearing a thin gold chain necklace and a silver ring on her ring finger. The lighting is soft and focused on her face, creating a gentle and approachable atmosphere.

Jennifer Garner wears sunscreen every day,
no matter what the weather says.

UVA rays can pass through clouds, haze, even windows. During your life, the more unprotected exposure you get, the greater your risk of developing skin cancer. In fact, 1 in 5 Americans will develop skin cancer in their lifetime. Protection and early detection are the key to survival.

For sun safety tips and life-saving tools, like a free dermatologist skin cancer screening, self-exam kit and discounts on sunscreen products, go to

ChooseSkinHealth.com

with participation from

AS|DS
American Society for
Dermatologic Surgery

would you dare?

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FEARLESS
STYLE WITH
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TEST YOUR FASHION RISK FACTOR. TAKE OUR FUN QUIZ TO SEE HOW FASHIONABLY DARING YOU REALLY ARE.



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Do you love to flaunt your individual style? Share your boldest fashion risk for the chance to win a \$500 shopping spree courtesy of Kotex. Simply log on to www.redbookmag.com/rboffers for entry and details!

No purchase necessary to enter or win. The Kotex Dare to Wear Contest is sponsored by Hearst Communications, Inc. Beginning 4/12/2011 at 12:01 AM (ET) through 5/16/2011 at 11:59 PM (ET) go to www.redbookmag.com/rboffers and complete and submit the entry form pursuant to the onscreen instructions, telling us (in 100 words or less) about your boldest fashion risk by filling in the blanks on our interactive entry form. Open to legal residents of the 50 United States, D.C., and Puerto Rico who have reached the age of majority in their state or territory of residence at time of entry. Void where prohibited by law. See complete official rules at www.redbookmag.com/rboffers.

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- 1 Would you dare to wear a tube top to a PTA meeting?
- 2 Would you dare to wear a white dress to your best friend's wedding?
- 3 Would you dare to wear a micro-mini to work?
- 4 Would you dare to wear your pajamas while walking your dog?
- 5 Would you dare to wear a bikini on a corporate getaway?
- 6 Would you dare to wear platform stilettos on a first date?
- 7 Would you dare to wear your favorite panties during your period?

IF YOU ANSWERED YES:

- 0-2 You are a timid trendsetter
- 3-4 You are a cautious risk taker
- 5-7 You are a fearless fashionista





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“Rocking sleeveless styles makes me
feel powerful and feminine.”

Jessica Szohr, Actress



Get ready for sleeveless season with
Dove® go sleeveless deodorant.

Design your own sleeveless top at
dovegosleeveless.com and win a trip
to go shopping with Jessica Szohr
in New York City!

No purchase necessary. Void where prohibited. Dove® go sleeveless Fashion Challenge is sponsored by Conopco, Inc., d/b/a Unilever. Open to women who are legal residents of the 50 U.S. & D.C., 18 & older. Begins 12:01 a.m. ET on 4/4/11 & ends 12:00 p.m. ET on 5/27/11. For official rules, visit www.dovegosleeveless.com



GREAT CLOTHES FOR REAL LIFE

WHAT TO WEAR

TREND WITH BENEFITS

Fancy flats

Why you'll so want to **slip on a pair**:

- 1 Whether you like sexily bare sandals or ladylike ballet flats, these über-pretty shoes will make you feel... über-pretty.
- 2 Run errands, chase your kid, grab drinks with the girls—*live your life*—without ever changing your shoes.
- 3 Like bacon, they make *everything* better. Your dressy stuff will feel less precious, and that weekend uniform of jeans and a tee will instantly look (and feel) hip.

► Flats, Anna Baiguera, \$185; Henri Bendel, NYC, 212-247-1100. Earrings, Julie Sandlau, \$167; juliesandlau.com. Dress, Alldressedup, \$511; Christel's, Omaha, NE, 402-493-7343.

TREND WITH BENEFITS

Lace-up
espadrilles:
very cool



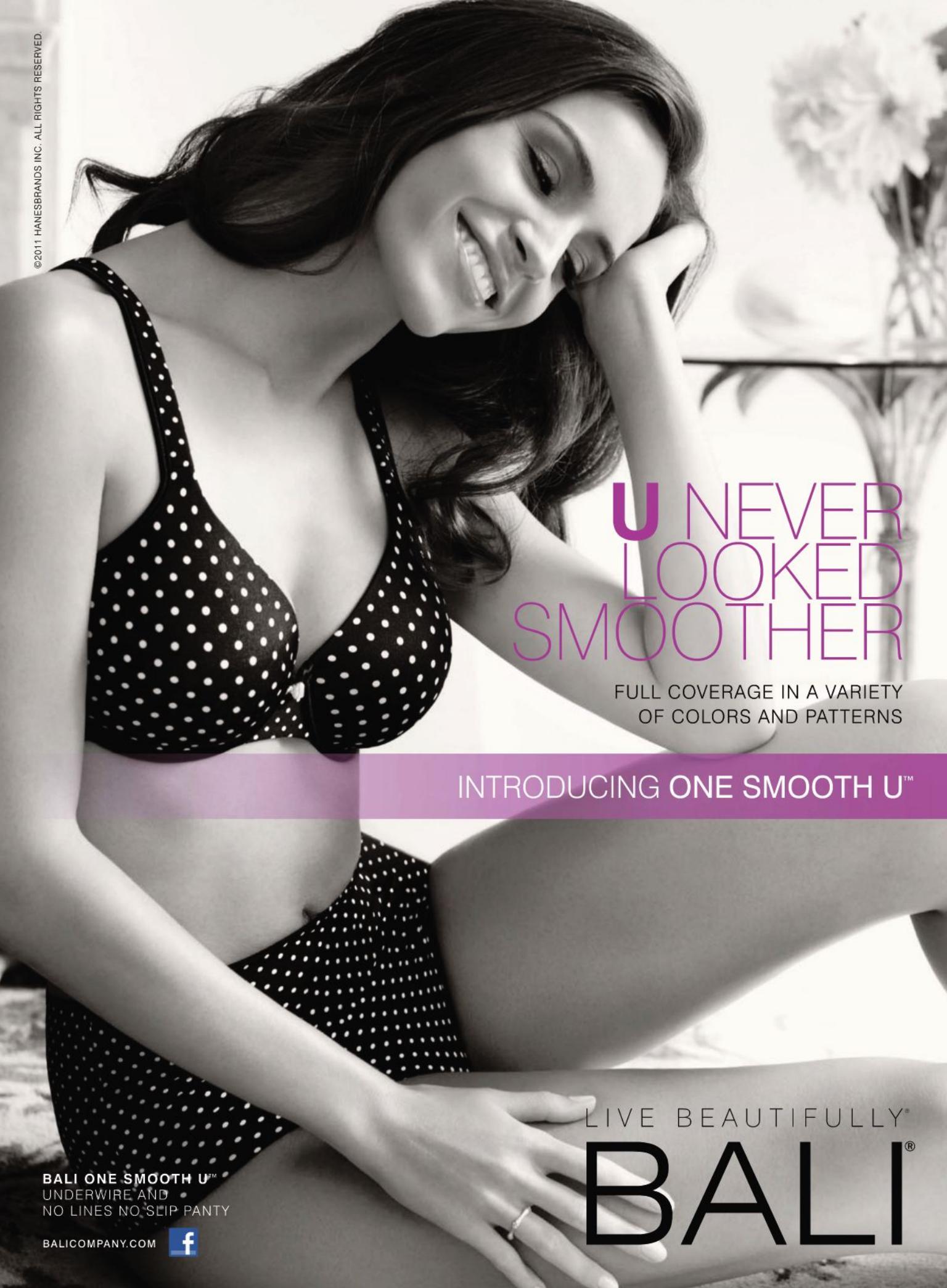
WAIT! IS THAT
THE SOUND
OF YOUR
FEET SIGHING
WITH RELIEF?

Catherine
Zeta-Jones's
ballerinas are
just as elegant
as her dress.

Elle Macpherson
keeps her look
breezy with barely
there thongs.

1. Nine West, \$89; select Nordstrom stores.
2. Restricted, \$42; kohls.com.
3. Delman, \$138; endless.com.
4. Chocolate Schubar, \$65; chocolateschubar.com for store locations.
5. Butter, \$264; endless.com.
6. Isola, \$134; isolashoes.com.
7. Nine West, \$79; select Nordstrom stores.
8. Sienna Ray, \$149; siennaray.com.
9. Pelle Moda, \$130; Nordstrom.
10. Old Navy, \$22.94; Old Navy stores.
11. Olsen Haus, \$107; olsenhaus.com.
12. Matisse, \$81; revolveclothing.com.
13. Steve Madden, \$70; stevemadden.com.
14. Wanted, \$60; wantedshoes.com.
15. Mia, \$60; miashoes.com.
16. Luxury Rebel, \$100; Bloomingdale's.

STILLS: PHOTOGRAPHED BY BEN GOLDSTEIN/STUDIO D. STYLIST: BARBARA EISEN FOR HALLEY RESOURCES. ZETA-JONES: ASADORIAN-MEJIA/SPLASH NEWS. MACPHERSON: GETTY IMAGES.



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OF COLORS AND PATTERNS

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NO LINES NO SLIP PANTY

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The Curly Girl's Guide TO GORGEOUS HAIR



Curly Cues

BRING BACK THE BOUNCE. Curly hair's twists and turns mean the scalp's natural oils are slow to make their way down each strand. The result? Hair that's rough and dry. For curls that are hydrated and defined, use **Pantene Pro-V Curly Hair Series Dry to Moisturized Shampoo and Conditioner**.

BLOW DRY YOUR CURLS WITH CARE. Start with **Pantene Curly Hair Style Curl Shaping Gel**, and then dry hair with a diffuser. A curly girl's best friend, it doesn't have the rapid air movement of a blow dryer which could disrupt your hair's natural curl pattern.

HOLD THAT CURL. Get the defined, bouncy curls you crave with **Pantene Curly Hair Style Satin Hold Hairspray**. Curls stay flexible while keeping frizz at bay all throughout the day.



WHAT WORKS FOR YOU? VISIT PANTENE.COM/PRODUCTFINDER TO CUSTOMIZE YOUR PANTENE REGIMEN.



"It's important to keep curls moisturized, so use Pantene Pro-V Curly Hair Series Deep Moisturizing Treatment once a week to help smooth locks, hydrate hair, and excite curl definition."

—Danilo, Pantene Celebrity Stylist



*Satisfaction Guaranteed. To receive your refund, call 1-800-522-2106. Requirement includes sending original dated cash receipt with purchase price circled. Limit 1 refund opportunity per name, household or address. Offer valid until June 30, 2011.



9:00am → 3:00pm → 9:00pm
can your curls
stay defined from 9 till 9?

TRY Pantene. Dry to Moisturized collection* and Curl Shaping Gel.
Put it to the test and enjoy a full day of defined curls! Pantene found out that the twists and turns of curly hair make it more prone to dryness than straight hair — and there go your curls! Pantene Pro-V science created a line-up that gives curls ALL-DAY DEFINITION — to keep you curluscious from 9 to 9!

*For all day hydration: Curly Dry to Moisturized Shampoo & Conditioner, and Curly Deep Moisturizing Treatment.



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HEALTHY MAKES IT HAPPEN

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3 steps to A-list style



Dressing celebs like Cate Blanchett, Freida Pinto, and Amanda Seyfried leaves **Elizabeth Stewart** almost no time to get *herself* clothed. Thank heaven for her outfit-making shortcuts.

When we got a load of Elizabeth Stewart's cool but doable personal style at our Kardashians cover shoot (she dressed all six of 'em!), we knew she'd have some sane tips for us lesser-known ladies too.

■ **Find your signature look.** "I wear dresses almost every day; I'll throw them on with a cardigan and flats. Lately, it's AllSaints boots that I sometimes wear with fishnets—hey, it's L.A.! My assistant calls this my Grandma Olsen look, but I love it because it only takes three minutes to get ready."

■ **Give your everyday purchases a top-notch feel.** "I have an insane amount of cardigans, including several from J.Crew, but I like to have them tailored because fitted sleeves and shoulders feel more designer-y." [Surprised? Most fine-gauge sweaters that have been sewn together at the seams, not knitted, *can* be altered.]

■ **You can never have too much of a good thing.** "If I see something I like and it fits great, I get it in different colors. I have one particular dress in five prints. Who cares if people see me in it a lot?"



Elizabeth likes to mix feminine with tough-girl. Dress, Tibi, \$357; Nordstrom. Cardigan, J.Crew, \$70; jcrew.com. Boots (left), AllSaints Spitalfields, \$295; us.allsaints.com. Boots (right), Wanted, \$70; wantedshoes.com.



She keeps her shades on a display rack



The woman owns a hundred pairs of sunglasses! Three you'll love, from top: XOXO, \$26; Ulta. Fantasy-Eyes, \$20; fantas-eyes.com. Lulu's, \$9; lulus.com.



It begins with a look.

VIOLET EYES

ELIZABETH TAYLOR

THE FRAGRANCE

Available at CVS/pharmacy, Rite Aid, Target and Walgreens



Shine every day in a sparkly tank

Try it with some girly , a pair of so-chic (and so-comfy) , and a retro . We like to call this look "Saturday afternoon delight." Or go for glitzy , a slouchy  cinched with a cool chunky , and white jeans for that off-duty model-mom vibe. Fancy date in your future? Pair it with a crisp , a black pencil skirt, and .

Shorts, DKNY Jeans, \$59; Macy's. Flats, Zigi Girl, \$140; Zigi Soho, NYC, 212-598-4900. Hat, Jessica Simpson, \$34; jessicasimpsoncollection.com. Sandals, Colin Stuart for Victoria's Secret Catalogue, \$48; victoriasssecret.com. Cardigan, Mossimo for Target, \$17.99; target.com. Belt, Windsor, \$6.99; windsorstore.com. Jacket with belt, Antonio Melani, \$199; dillards.com. Earrings, Lulu Frost, \$190; lulufrost.com.

Meet the new star of your tank-top drawer. Sequined, certainly, but the mocha and pearly colors make it crazy-versatile. Tank, Chico's, \$69; chicos.com.

Get all ladylike

Channel a '50s movie star in this classic mix. Even Grace Kelly (or your mom) would approve.

Skirt, Talbots, \$80; talbots.com. Cuff, Skova Soul, \$109; skovasoul.com. Bag, Coach, \$398; Coach. Flats, French Sole, \$180; frenchsoleshoes.com.



Work it for work

With a funky-slick sweater jacket and chunky jewelry, the look is professional, but *decidedly* not boring.

Cardigan, Adrienne Vittadini Collection, \$278; neimanmarcus.com. Necklace, Lisa Freede Jewelry, \$70; lisafreede.com. Skirt, The Limited, \$60; thelimited.com. Ring, Roberta Chiarella, \$38; robertachiarella.com. Pumps, Miss Robertson, \$98; bostonproper.com.



◀ **Throw it in with neutrals**

The key to making muted colors feel this fun? Mix up prints and textures (love these lacy oxfords!) and add one vibrant accent.

Jacket, Old Navy, \$34.50; oldnavy.com. Bag, Zingara, \$99; zingarawear.com. Watch, Sasha Rhett, \$269; sasharhett.com. Skirt, Ann Taylor, \$88; anntaylor.com. Oxfords, Lucky Brand, \$79; Bloomingdale's.

Sub it for a cocktail dress

It does equally good things for your curves tucked into a pair of tailored pants. It's like ordering casual elegance and getting a free side of sexy.

Necklace, Stella & Dot, \$79; stelladot.com. Bag, Beautiful People, \$292; beautifulpeopledesign.com. Pants, J.McLaughlin, \$195; jmclaughlin.com. Heels, daniblack, \$175; cusp.com.



◀ **Take it around town**

Comfy, chic, and perfect for strolling through a Parisian arrondissement—or, fine, your local store des groceries.

Scarf, Theodora & Callum, \$88; theodoraandcallum.com. Vest, Banana Republic, \$80; bananarepublic.com. Bag, Pat Nash, \$148; dillards.com. Shorts, The Pant by Joe's, \$110; joesjeans.com. Sandals, Birkenstock, \$80; birkenstockusa.com.

Check out the awesome tassel



hey, beautiful

as season's aworth of great style has arrived

1



2



Summer's hot days and cool nights call for effortless style. With Coldwater Creek on your side, looking chic has never been so easy.

Cool shades of silver, blue, and white defy the three h's (hazy, hot, and humid).

3



Bright pops of color are high-energy.

4



1. These are the jeans you'll wear all summer long—cropped, cuffed, and versatile. Pair them with a watercolor tank and an airy scarf. Birch Layer Tank, \$49.95; City Roll Cuff Crop, \$59.95; Open Weave Plaid Scarf, \$34.95. **2.** This cotton-linen cardigan is extra-flattering. Wear it with a ripple-print shell, white denim, and a lariat-style necklace. Easy Light Cardigan, \$79.95; City Slim Leg Knit Jean, \$79.95; Swirl Printed Tank, \$54.95; Double Orbit Pendant Necklace, \$49.95. **3.** A 3/4-sleeve cardigan creates a lean silhouette when layered over a silk shell; add a white linen skirt and a hipslung belt for an outfit that's ready for anything. Twist Front Cardigan, \$69.95; Scoop Neck Printed Shell, \$69.95; S Hook Hipslung Belt, \$34.95; Seam Detail Linen Skirt, \$59.95. **4.** Feminine ruffles cascading down this knit shell look swingy and sweet. Easy, cropped knit pants make this a go-to combo. Cotton Tiered Shell, \$64.95; Natural Side Zip Knit Crop, \$59.95.

Start shopping!!! Visit coldwatercreek.com for more fashion information.



5



6



7

Told ya these jeans were
versatile!

looks you'll live in



8

This eye-
catching
outfit is
looking
for a good
time.



9



Every woman
needs an LBD—
little brown dress.

5. A linen cardigan brings sophistication to the classic white-top-and-jeans combo. Add a multimetal necklace for attitude. Subtle Stripe Cardigan, \$99.95; City Roll Cuff Crop, \$59.95; Manipulated Swirl Tank, \$39.95; Textured Metal Button Necklace, \$69.95. **6.** This stitch-detail jacket works perfectly with a light tee, stretch twill pants, and a scarf. Allover Embroidered Jacket, \$129.95; Classic Holly Pant, \$69.95; Roll Trim Sweater Shell, \$44.95; Tritone Ombre Scarf, \$34.95. **7.** This sheath's gathered neckline draws attention. Top it off with a studded link belt and a long cardigan. Neck Detail Sheath Dress, \$99.95; S Hook Hipslung Belt, \$34.95; Tonal Printed Cardigan, \$89.95. **8.** A romantic cardigan complements this sequin tunic. Cropped pants look sharp and feel comfortable. Open Knit Cardigan, \$89.95; Sequin Detail Sheer Shell, \$79.95; Natural Double Cloth Crop, \$59.95. **9.** A sea-washed print makes this jacket a true summer must-have. Wear it with a soft gray tank, wide-leg white pants, and beaded jewelry. Splash Print Blazer, \$99.95; Breezy Light Top, \$49.95; Natural Double Cloth Pant, \$69.95; Long Seed Bead Necklaces, \$24.95 each; Colored Seed Beaded Necklaces, \$14.95 each; Seed Bead Coil Bracelet, \$29.95. **10.** This mocha top and its metallic beadwork dress up dark cropped denim and look effortlessly dramatic with white jeans. Studded Shell, \$79.95; Natural Stretch Denim Crop, \$69.95.

FREE GIFT FOR YOU! Spend \$50 or more at any Coldwater Creek store and receive a stylish cosmetic bag. Simply send your receipt(s) along with your name and address to: REDBOOK, 300 West 57th St., 22nd Flr, New York, NY 10019, Attn: Coldwater Creek.

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A woman with long blonde hair is walking along a wooden pier. She is wearing a green patterned jacket over a white top and beige pants. She is barefoot and looking off to the side. The pier is made of wood and extends into a calm body of water. The sky is clear and blue.

Something beautiful is happening.



*Color becomes expressive. Dressing turns effortless and fluid.
A whole new sense of style emerges.*

Rediscover
Coldwater Creek

A + B = Chic

Brush up on your fashion math: Pulling off the season's best looks is as simple as taking a trend from column A and adding it to one from column B. So cute—and, yeah, that easy!

Tibi



Antonio Berardi

Moschino Cheap & Chic



Dsquared²

Banana Republic



A Détacher



Tommy



Suno



GIRLY + SCHOOLBOY

The sweetest of girly-girl items (sweeping skirts, ruffled tops) gets tamed by the clean lines of stolen-from-the-boys basics like blazers and Bermuda shorts.

FLORAL + MILITARY

One part utilitarian, one part romantic, this pairing has a country-lady-gone-urban feel. Partner lovely, super-feminine prints with flak jackets, utility vests, and cargos.

EXOTIC + PREPPY

What do you get when you marry all-American country club items—polos, boat shoes, the like—to globally inspired designs and accessories? A look that's totally fun and *totally* cool.



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got milk?®

whymilk.com/susansarandon

GIRLY + SCHOOLBOY

Indulge your feminine side with delicate, flowy pieces, then lend them crispness with proper British-lad staples.



1. Earrings, Fantasy Jewelry Box, \$21.95; fantasyjewelrybox.com. 2. Top, McGinn, \$172; mcginncollection.com. 3. Necklace, Asha Patel, \$85; ashapateldesigns.com. 4. Purse, Riki Rosetta, \$265; rikirosetta.com. 5. Dress, Calvin Klein, \$148; macys.com. 6. Shirt, Gap, \$60; gap.com. 7. Heels, Schutz, \$180; bhldn.com.



Hat, Zingara Swimwear, \$59; zingaraswimwear.com.

Knit vest, Lauren by Ralph Lauren, \$80; Select Lord & Taylor stores.

Leather belt, Ariat International, \$34.95; ariat.com.

Satchel, Me Char Handbags, \$280; mecharhandbags.com.

Pleated skirt, H&M, \$49.95; hm.com for store locations.

Oxfords, J.Jill, \$99; jjill.com.



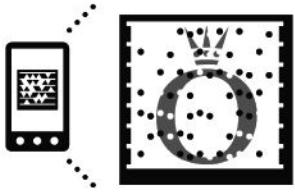
1. Blazer, Gentle Fawn, \$110; modcloth.com. 2. Bag, Lela Rose for Payless, \$44.99; payless.com. 3. Shorts, Joe's Jeans, \$110; joesjeans.com. 4. Sunglasses, Old Navy, \$9.50; oldnavy.com. 5. Belt, L.L.Bean, \$29.95; llbean.com. 6. Watch, Armitron, \$70; amazon.com. 7. Pants, Loup, \$97; louponline.com. 8. Loafers, Candelaria, \$255; candelanyc.com.

May 23rd

A SWEET MOMENT BECOMES
the closest moment.



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PANDORA™
UNFORGETTABLE MOMENTS

FLORAL + MILITARY

First, go for something in a garden-pretty print, then give it a take-charge vibe with anything Army green.



1. Necklace, Emily Elizabeth Jewelry, \$140; emilyelizabethjewelry.com.
2. Ring, Fantasy Jewelry Box, \$46.95; fantasyjewelrybox.com.
3. Skirt, Love 21, \$24.80; forever21.com.
4. Wedges, Franco Sarto, \$89; Macy's.
5. Shirt, Silver Jeans Co., \$32; silverjeansco.com.
6. Sneakers, Keds, \$40; keds.com.
7. Earrings, Kara Ackerman Designs, \$300; karaackerman.com.
8. Top, Eddie Bauer, \$39.95; eddiebauer.com.



Canvas heels,
Via Spiga, \$198;
viaspiga.com.



1. Vest, Chico's, \$79; chicos.com.
2. Cargo pants, Converse One Star, \$27.99; target.com.
3. Bag, Kenneth Cole, \$348; kennethcole.com.
4. Shirt, DKNY Jeans, \$59; macys.com.
5. Belt, Lands' End Canvas, \$49.50; landsendcanvas.com.
6. Skirt, Talbots, \$99; talbots.com.
7. Boots, Matt Bernson, \$275; mattberndon.com.



Show Amy the way to a **34B**

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SMART SIZES SHAPE TO FIT YOU.®

(XS) (S) (M) (L) (XL)

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WITH COMFY SUPPORT.

barely there®

 FACEBOOK.COM/BARELYTHERE



EXOTIC + PREPPY

Start with a bright-and-wild tribal print or bold accessory, then balance it with a clean Nantucket classic.



1. Scarf, Old Navy, \$16.94; Old Navy. **2.** Skirt, BB Dakota, \$85; dakotacollective.com for stores. **3.** Shirt, Monrow, \$158; Saks Fifth Avenue. **4.** Necklace, Bombay Fashions, \$20; bombayfashions.com. **5.** Maxi dress, Avon, \$29.99; avon.com. **6.** Heels, Daniblack, \$185; jildor.com.



1. Cardigan, American Living for JCPenney, \$46; JCPenney. **2.** Polo, Nautica, \$34.50; nautica.com. **3.** Skirt, Levi's, \$38; levi.com. **4.** Watch, Sprout, \$65; amazon.com. **5.** Shirt, Hilfiger Denim, \$95; Tommy Hilfiger, NYC, 212-334-0042. **6.** Espadrilles, MYMU, \$158; mymuworld.com. **7.** Boat shoes, Sperry Top-Sider, \$125; sperrystopsider.com.

D

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WHAT WOULD Michelle Obama DO?



POLISHED

Her First Ladylike uniform: cardigans, low heels, simple dresses. No stuffy suits here!



LOW-KEY

She uses bold accents (like lots o' bracelets) to chic-ify more basic clothes.



SPORTY

Cute kicks turn this into the perfect outfit for a pickup game... and the requisite photo op.

Steal Mrs. O.'s style! Her feminine-cool looks have boosted America's fashion cred—and they'll do the same for you.



■ Her favorite style weapons are a cool cardigan (with a print or bright colors) and a big, waist-cinching belt. The first is fun, the second flatters. Dress, Cartise, \$235; cartise.com. Cardigan, Boden, \$98; bodenusa.com. Necklace, Carolee, \$60; Bloomingdale's. Flats, Ivanka Trump, \$120; zappos.com.



She owns similar Carolee pearls!



Comfy but glam



■ This dress is easy to move in and also gives a gorgeous shape. Dress, Cable & Gauge, \$89; cableandgauge.com. Flats, Me Too, \$79; Nordstrom. Bracelets, Sisco Family Jewels, \$88 to \$110 each; siscofamilyjewels.com.

▲

Cropped pants and a printed, arm-baring top give a laid-back look major style points.

Tank, Marshalls, \$14.99; marshallsonline.com. Capris, American Living for JCPenney, \$35; americanliving.com. Sneakers, Converse, \$45; zappos.com.



A just-right dab of dazzle: Necklace, Fantasy Jewelry Box, \$37.95; fantasyjewelrybox.com.



MICHELLE, FROM LEFT: AFP/GTY IMAGES; ASSOCIATED PRESS (2); STILLS: PHOTOGRAPHED BY BEN GOLDSTEIN/STUDIO D; STYLIST: BARBARA EISEN FOR HALLEY RESOURCES.



Do you see you?

Or do you see Rosacea?

**Ask your doctor about
prescription Oracea® (OR-AY-SHA)**

When it comes to Rosacea, there's more than meets the eye. It's a chronic condition and it can get worse over time. But there are treatments – medical options, like prescription Oracea® (doxycycline, USP).

Oracea® works from the inside to target inflammation and treat the red bumps and blemishes of Rosacea. And unlike some treatments, Oracea® hasn't been shown to cause bacterial resistance.

Instead of looking unhappily at your skin, look to your doctor. Find out more about Oracea® and see how it can make a difference for you.

Important Safety Information

Oracea® is indicated only for the treatment of inflammatory lesions (papules and pustules) of Rosacea in adult patients. You may experience

intestinal upsets, sore throat or sinus infections/sinusitis when taking Oracea®. Do not take Oracea® if you are allergic to tetracyclines. Do not take Oracea® if you are pregnant or breastfeeding. Stay out of direct or artificial sunlight. Tell your doctor if you have stomach or GI problems, kidney disease, take blood thinners, oral contraceptives, or medicine to treat acne, psoriasis or seizures.

Oracea® does not treat bacterial infections and should be used only as prescribed by your doctor. You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch or call 1-800-FDA-1088.

**Learn more at Oracea.com
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Once-daily 40 mg* Capsules
Oracea®
(doxycycline, USP) *30 mg immediate release &
10 mg delayed release beads
(OR-AY-SHA)

Rx Only



Keep out of reach of children.

Brief Summary of Full Prescribing Information

INDICATIONS AND USAGE

ORACEA is indicated only for the treatment of inflammatory lesions (papules and pustules) of rosacea in adult patients.

The dosage of ORACEA differs from that of doxycycline used to treat infections. To reduce the development of resistant bacteria as well as to maintain the effectiveness of other antibacterial drugs, ORACEA should be used only as indicated.

CLINICAL PHARMACOLOGY

Pharmacokinetics

ORACEA capsules are not bioequivalent to other doxycycline products.

CONTRAINDICATIONS

This drug is contraindicated in persons who have shown hypersensitivity to doxycycline or any of the other tetracyclines.

WARNINGS

Teratogenic effects: 1) Doxycycline, like other tetracycline-class antibiotics, can cause fetal harm when administered to a pregnant woman. If any tetracycline is used during pregnancy or if the patient becomes pregnant while taking these drugs, the patient should be informed of the potential hazard to the fetus and treatment stopped immediately.

ORACEA should not be used during pregnancy (see PRECAUTIONS: Pregnancy).

2) The use of drugs of the tetracycline class during tooth development (last half of pregnancy, infancy, and childhood up to the age of 8 years) may cause permanent discoloration of the teeth (yellow-gray-brown). This adverse reaction is more common during long-term use of the drug but has been observed following repeated short-term courses. Enamel hypoplasia has also been reported. **Tetracycline drugs, therefore, should not be used during tooth development unless other drugs are not likely to be effective or are contraindicated.**

3) All tetracyclines form a stable calcium complex in any bone-forming tissue. A decrease in fibula growth rate has been observed in premature human infants given oral tetracycline in doses of 25 mg/kg every 6 hours. This reaction was shown to be reversible when the drug was discontinued.

Results of animal studies indicate that tetracyclines cross the placenta, are found in fetal tissues, and can cause retardation of skeletal development on the developing fetus. Evidence of embryotoxicity has been noted in animals treated early in pregnancy (see PRECAUTIONS: Pregnancy section).

Gastrointestinal effects: Pseudomembranous colitis has been reported with nearly all antibacterial agents and may range from mild to life-threatening. Therefore, it is important to consider this diagnosis in patients who present with diarrhea subsequent to the administration of antibacterial agents.

Treatment with antibacterial agents alters the normal flora of the colon and may permit overgrowth of clostridia. Studies indicate that a toxin produced by Clostridium difficile is a primary cause of "antibiotic-associated colitis."

If a diagnosis of pseudomembranous colitis has been established, therapeutic measures should be initiated. Mild cases of pseudomembranous colitis usually respond to discontinuation of the drug alone. In moderate to severe cases, consideration should be given to management with fluids and electrolytes, protein supplementation, and treatment with an antibacterial drug clinically effective against Clostridium difficile colitis.

Metabolic effects: The anti-anabolic action of the tetracyclines may cause an increase in BUN. While this is not a problem in those with normal renal function, in patients with significantly impaired function, higher serum levels of tetracycline-class antibiotics may lead to azotemia, hyperphosphatemia, and acidosis. If renal impairment exists, even usual oral or parenteral doses may lead to excessive systemic accumulations of the drug and possible liver toxicity. Under such conditions, lower than usual total doses are indicated, and if therapy is prolonged, serum level determinations of the drug may be advisable.

Photosensitivity: Photosensitivity manifested by an exaggerated sunburn reaction has been observed in some individuals taking tetracyclines. Although this was not observed during the duration of the clinical studies with ORACEA, patients should minimize or avoid exposure to natural or artificial sunlight (tanning beds or UVA/B treatment) while using ORACEA. If patients need to be outdoors while using ORACEA, they should wear loose-fitting clothes that protect skin from sun exposure and discuss other sun protection measures with their physician.

PRECAUTIONS

General: Safety of ORACEA beyond 9 months has not been established.

As with other antibiotic preparations, use of ORACEA may result in overgrowth of non-susceptible microorganisms, including fungi. If superinfection occurs, ORACEA should be discontinued and appropriate therapy instituted. Although not observed in clinical trials with ORACEA, the use of tetracyclines may increase the incidence of vaginal candidiasis.

ORACEA should be used with caution in patients with a history of or predisposition to candidiasis overgrowth. Bacterial resistance to tetracyclines may develop in patients using ORACEA. Because of the potential for drug-resistant bacteria to develop during the use of ORACEA, it should be used only as indicated.

Autoimmune Syndromes: Tetracyclines have been associated with the development of autoimmune syndromes. Symptoms may be manifested by fever, rash, arthralgia, and malaise. In symptomatic patients, liver function tests, ANA, CBC, and other appropriate tests should be performed to evaluate the patients. Use of all tetracycline-class drugs should be discontinued immediately.

Tissue Hyperpigmentation: Tetracycline-class antibiotics are known to cause hyperpigmentation. Tetracycline therapy may induce hyperpigmentation in many organs, including nails, bone, skin, eyes, thyroid, visceral tissue, oral cavity (teeth, mucosa, alveolar bone), sclerae and heart valves. Skin and oral pigmentation has been reported to occur independently of time or amount of drug administration, whereas other pigmentation has been reported to occur upon prolonged administration. Skin pigmentation includes diffuse pigmentation as well as over sites of scars or injury.

Pseudotumor cerebri: Bulging fontanels in infants and benign intracranial hypertension in adults have been reported in individuals receiving tetracyclines. These conditions disappeared when the drug was discontinued.

Laboratory Tests: Periodic laboratory evaluations of organ systems, including hematopoietic, renal and hepatic studies should be performed. Appropriate tests for autoimmune syndromes should be performed as indicated.

Drug Interactions: 1. Because tetracyclines have been shown to depress plasma prothrombin activity, patients who are on anticoagulant therapy may require downward adjustment of their anticoagulant dosage. 2. Since bacteriostatic drugs may interfere with the bactericidal action of penicillin, it is advisable to avoid giving tetracycline-class drugs in conjunction with penicillin. 3. The concurrent use of tetracycline and methoxyflurane has been reported to result in fatal renal toxicity. 4. Absorption of tetracyclines is impaired by bismuth subsalicylate, proton pump inhibitors, antacids containing aluminum, calcium or magnesium and iron-containing preparations. 5. Doxycycline may interfere with the effectiveness of low dose oral contraceptives. To avoid contraceptive failure, females are advised to use a second form of contraceptive during treatment with doxycycline. 6. There have been reports of pseudotumor cerebri (benign intracranial hypertension) associated with the concomitant use of isotretinoin and tetracyclines. Since both oral retinoids, including isotretinoin and acitretin, and the tetracyclines, primarily minocycline, can cause increased intracranial pressure, the concurrent use of an oral retinoid and a tetracycline should be avoided.

MICROBIOLOGY

The plasma concentration of doxycycline achieved with ORACEA during administration (see DOSAGE AND ADMINISTRATION) are less than the concentrations required to treat bacterial diseases. *In vivo* microbiological studies utilizing a similar drug exposure for up to 18 months demonstrated no detectable long-term effects on bacterial flora of the oral cavity, skin, intestinal tract, and vagina.

Carcinogenesis, Mutagenesis, Impairment of Fertility: Doxycycline was assessed for potential to induce carcinogenesis in a study in which the compound was administered to Sprague-Dawley rats by gavage at dosages of 20, 75, and 200 mg/kg/day for two years. An increased incidence of uterine polyps was observed in female rats that received 200 mg/kg/day, a dosage that resulted in a systemic exposure to doxycycline approximately 12.2 times that observed in female humans who use ORACEA (exposure comparison based upon area under the curve (AUC) values). No impact upon tumor incidence was observed in male rats at 200 mg/kg/day, or in either gender at the other dosages studied. Evidence of oncogenic activity was obtained in studies with related compounds, i.e., oxytetracycline (adrenal and pituitary tumors) and minocycline (thyroid tumors). Doxycycline demonstrated no potential to cause genetic toxicity in an *in vitro* point mutation study with mammalian cells (CHO/HGPRT forward mutation assay) or in an *in vivo* micronucleus assay conducted in CD-1 mice. However, data from an *in vitro* assay with CHO cells for potential to cause chromosomal aberrations suggest that doxycycline is a weak clastogen.

Oral administration of doxycycline to male and female Sprague-Dawley rats adversely affected fertility and reproductive performance, as evidenced by increased time for mating to occur, reduced sperm motility, velocity, and concentration, abnormal sperm morphology, and increased pre-and post-implantation losses. Doxycycline induced reproductive toxicity at all dosages that were examined in this study, as even the lowest dosage tested (50 mg/kg/day) induced a statistically significant reduction in sperm velocity. Note that 50 mg/kg/day is approximately 3.6 times the amount of doxycycline contained in the recommended daily dose of ORACEA for a 60-kg human when compared on the basis of AUC estimates. Although doxycycline impairs the fertility of rats when administered at sufficient dosage, the effect of ORACEA on human fertility is unknown.

Pregnancy: Teratogenic Effects: Pregnancy Category D. (see WARNINGS section). Results from animal studies indicate that doxycycline crosses the placenta and is found in fetal tissues.

Nonteratogenic effects: (see WARNINGS section).

Labor and Delivery: The effect of tetracyclines on labor and delivery is unknown.

Nursing Mothers: Tetracyclines are excreted in human milk. Because of the potential for serious adverse reactions in infants from doxycycline, ORACEA should not be used in mothers who breastfeed. (see WARNINGS section).

Pediatric Use: ORACEA should not be used in infants and children less than 8 years of age (see WARNINGS section). ORACEA has not been studied in children of any age with regard to safety or efficacy, therefore use in children is not recommended.

ADVERSE REACTIONS

Adverse Reactions in Clinical Trials of ORACEA: In controlled clinical trials of adult patients with mild to moderate rosacea, 537 patients received ORACEA or placebo over a 16-week period. The most frequent adverse reactions occurring in these studies are listed in the table below.

Incidence (%) of Selected Adverse Reactions in Clinical Trials of ORACEA (n=269) vs. Placebo (n=268)		
	ORACEA	Placebo
Nasopharyngitis	13 (4.8)	9 (3.4)
Pharyngolaryngeal Pain	3 (1.1)	2 (0.7)
Sinusitis	7 (2.6)	2 (0.7)
Nasal Congestion	4 (1.5)	2 (0.7)
Fungal Infection	5 (1.9)	1 (0.4)
Influenza	5 (1.9)	3 (1.1)
Diarrhea	12 (4.5)	7 (2.6)
Abdominal Pain Upper	5 (1.9)	1 (0.4)
Abdominal Pain Distention	3 (1.1)	1 (0.4)
Abdominal Pain	3 (1.1)	1 (0.4)
Stomach Discomfort	3 (1.1)	2 (0.7)

Note: Percentages based on total number of study participants in each treatment group.

Adverse Reactions for Tetracyclines: The following adverse reactions have been observed in patients receiving tetracyclines at higher, antimicrobial doses:

Gastrointestinal: anorexia, nausea, vomiting, diarrhea, glossitis, dysphagia, enterocolitis, and inflammatory lesions (with vaginal candidiasis) in the anogenital region. Hepatotoxicity has been reported rarely. Rare instances of esophagitis and esophageal ulcerations have been reported in patients receiving the capsule forms of the drugs in the tetracycline class. Most of the patients experiencing esophagitis and/or esophageal ulceration took their medication immediately before lying down. (see DOSAGE AND ADMINISTRATION section).

Skin: maculopapular and erythematous rashes. Exfoliative dermatitis has been reported but is uncommon.

Photosensitivity is discussed above. (see WARNINGS section).

Renal toxicity: Rise in BUN has been reported and is apparently dose-related. (see WARNINGS section).

Hypersensitivity reactions: urticaria, angioneurotic edema, anaphylaxis, anaphylactoid purpura, serum sickness, pericarditis, and exacerbation of systemic lupus erythematosus.

Blood: Hemolytic anemia, thrombocytopenia, neutropenia, and eosinophilia have been reported.

OVERDOSAGE:

In case of overdosage, discontinue medication, treat symptomatically, and institute supportive measures. Dialysis does not alter serum half-life and thus would not be of benefit in treating cases of overdose.

DOSAGE AND ADMINISTRATION

THE DOSAGE OF ORACEA DIFFERS FROM THAT OF DOXYCYCLINE USED TO TREAT INFECTIONS. EXCEEDING THE RECOMMENDED DOSAGE MAY RESULT IN AN INCREASED INCIDENCE OF SIDE EFFECTS INCLUDING THE DEVELOPMENT OF RESISTANT MICROORGANISMS.

One ORACEA capsule (40 mg) should be taken once daily in the morning on an empty stomach, preferably at least one hour prior to or two hours after meals.

Efficacy beyond 16 weeks and safety beyond 9 months have not been established.

Administration of adequate amounts of fluid along with the capsules is recommended to wash down the capsules to reduce the risk of esophageal irritation and ulceration. (see ADVERSE REACTIONS section).

HOW SUPPLIED

ORACEA (beige opaque capsule printed with GLD 40) containing doxycycline, USP in an amount equivalent to 40 mg of anhydrous doxycycline. Bottle of 30 (NDC 0299-3822-30).

Storage: All products are to be stored at controlled room temperatures of 15°C - 30°C (59°F - 86°F) and dispensed in tight, light-resistant containers (USP). Keep out of reach of children.

Patent Information: U.S. Patents 5,789,395; 5,919,775; 7,232,572; 7,211,267 and patents pending.

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Fort Worth, Texas 76177 USA

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BEAUTY & HEALTH

INFO TO HELP YOU LOOK AND FEEL GREAT

8 TRICKS TO...

Solve any hair crisis

- Fake clean hair when your last shampoo is a distant memory.
- Fight humidity poufiness. ● Cover up glaring roots. ● Recover from a made-you-cry cut... and more! By Jenna Mahoney



1

YOUR HAIR IS REALLY DIRTY

Barring a trendy turban (which would look a bit loco at a staff meeting), dry shampoo is the quickest fix for greasiness, says Los Angeles celeb stylist Eric Sebbag, who likes René Furterer Naturia Dry Shampoo To Go (left), \$12, for its fast-absorbing formulation and light, floral scent (a de facto deodorizer). "Part your hair down the middle, then into two or three sections on each side," he suggests. "Lifting each section, spray lightly at the roots." Then flip your head and spritz the oft-forgotten nape of the neck for a bonus body boost. Do the same thing if you're using a powder formulation, or even—in a pinch—cornstarch.



2

You got an awful (sob!) haircut



Don't look as cute with your crop as Michelle Williams does? Put a clip in it!



After pin-poking a voodoo doll that vaguely resembles your stylist, do this: "Whatever length the bad cut, wear your hair wavy, which obscures all sorts of flaws, from choppy layers to unevenness," Sebbag says. Using a one-inch-barrel curling iron, wrap hair away from your face, spritz the resulting waves with a light- to medium-hold hairspray (try Paul Mitchell Super Clean Light, \$13.95), then muss it up. Or, if your cut's really short, part it on the side and sweep it over with a bit of pomade and a cute pin (we like the Goody Freshly Picked Bobby Slide, above, \$6). The gamine-y style will look totally intentional, and soon enough, you'll have a cute bob.

3

THE FORECAST IS 100% HUMIDITY

Avoid crazy-expansive curls with a cocktail of equal parts leave-in conditioner and frizz-fighting cream, says New York City-based stylist Danielle Irene. Try Redken Smooth Down Detangling Cream, \$15, and L'Oréal Paris EverSleek Sulfate-Free Smoothing System Humidity Defying Leave-In Crème, \$8.99. "While hair is still damp, section it into four pieces and apply the mixture from roots to tips, raking your hands through to coat each strand," she says. Got straight hair? Avoid flyaways by coating it (while it's dry) with John Frieda Frizz-Ease Hair Serum, Original Formula, \$8.99.

4

YOU'RE WAY OVERDUE FOR COLOR

Only Real Housewives actually keep up with their roots. For everyone else, there's the latest and—in our opinion—greatest root camo: Rita Hazan Root Concealer Touch-Up Spray (below), \$24, a hairspray-like formula that comes in four shades—and in a purse-friendly little can. Pick the one closest to your dyed color, point the extra-thin nozzle at your roots, and watch them disappear (until your next shampoo). Or, if you have the right shade on hand, try mascara, Irene says. "A wide, fat wand works best if you happen to have one; just run it lightly over the grays."



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Sarah Jessica Parker is wearing Light Natural Blonde #90.

5 You wake up with a crick—in your hair

Yesterday's blowout gave you permission to hit the snooze button. Or so you thought, until you noticed that odd crimp that formed overnight. The fix is as simple as a bit of water, says Los Angeles-based stylist Jenny Cho. "Wet the bump, either by running dampened palms over it or lightly misting it with a spray bottle. Then rub a pea-size drop of anti-frizz cream or even hand lotion into your palms and smooth it over the bendy area." Done.



Suave Professionals Sleek Anti-Frizz Cream, \$13.

6 YOU'RE FRIED



The '80s are calling, and they want that Whitesnake-video hair back. To upgrade dry, dull, headbanger hair fast, Irene suggests using a post-shampoo treatment that combines serious strengtheners (generally, some form of protein) with softeners and shine-enhancers (from vitamin E to polymers). Try Pantene

Professional Level Damage Repair Ampoules (right), \$7.99. Apply generously from roots to ends and wrap your head in a dryer-warmed towel to boost penetration. After about five minutes, run fingers through to loosen. "Then give your hair a day off—at least!—from heat-styling, updos, or even brushing," Irene says.



7

YOU'VE GOT FRIZZY "BABY" HAIRS Though cute on an infant, an aura of mini frizzies around the face isn't such a hot look for adults. Luckily, any emollient—from an aloe-infused baby wipe to a lip balm or lotion—can tame them. Put a dab in your palm, says Irene (or, if you're using a baby wipe, swipe that across your palm), then smooth over the errant hairs.



In moderation, any lotion subdues frizz.

8 It's snowing on your shoulders

First, force yourself to abstain from tousling the flakes out, à la Ally Sheedy in *The Breakfast Club*; you'll only loosen more of what's causing them, whether it's dead skin or residual product. Instead, pull your hair straight back with a wide headband, Cho says. Leave no visible part, so the flakes aren't exposed. (The wider the band, the more coverage it'll give.) In a pinch, snip a leg off some old tights, wrap it around your head, and knot it at the nape of your neck, trimming away any extra fabric. Avoid brushing your hair afterward—you might cause another flurry.

CLOCKWISE FROM TOP LEFT: PHOTOGRAPHED BY GREG MARINO/STUDIO D, MICHAEL WIRTH/FIGAROPHOTO/CONTOUR STYLE, PHOTOGRAPHED BY GREG MARINO/STUDIO D, JEROME TISNE/GETTY IMAGES, PHOTOGRAPHED BY JEFFREY WESTBROOK/STUDIO D, EBET ROBERTS/GETTY IMAGES.



“ I didn't know all I could do to help his ADHD.”

I spoke with our doctor and got informed. He recommended once-daily **nonstimulant intuniv** as part of my son's total ADHD treatment plan.

INTUNIV is a prescription medicine used to treat Attention Deficit Hyperactivity Disorder (ADHD) in patients 6 to 17, either alone or in combination with ADHD stimulant medications. INTUNIV was shown to work in clinical studies lasting up to 9 weeks. INTUNIV should be used as part of a total treatment program that may include counseling or other therapies.

Important Safety Information

Patients should not take INTUNIV if they are allergic to guanfacine or other ingredients in INTUNIV, or are taking other medicines containing guanfacine (eg, TENEX®). Tell the doctor about all medicines, vitamins, and herbal supplements your child is taking.

INTUNIV may cause serious side effects including low blood pressure, low heart rate, fainting, and sleepiness. Before starting INTUNIV, tell the doctor if your child has low blood pressure, low heart rate, heart problems, has fainted, has liver or kidney problems, is pregnant, breast-feeding or plans to become pregnant or breast-feed, or has any other medical condition. Patients should avoid becoming dehydrated or overheated while taking INTUNIV.

Patients should not drive or operate heavy equipment until understanding how INTUNIV affects them. INTUNIV can slow thinking and motor skills. While taking INTUNIV, patients should not drink alcohol or take other medicines that can cause sleepiness or dizziness as these symptoms may get worse.

The most common side effects of INTUNIV include sleepiness, tiredness, trouble sleeping, low blood pressure, nausea, stomach pain, and dizziness.

INTUNIV should be swallowed whole without crushing, chewing, or breaking the tablet. INTUNIV should not be taken with a high-fat meal. Do not change the dose or stop INTUNIV without talking with the doctor. The doctor will regularly check your child's blood pressure and heart rate.

Please see Patient Information on the following page.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch or call 1-800-FDA-1088.

If you are having trouble affording your medicines, Shire may be able to help. Visit www.ShireCares.com or call 1-888-CARES-55.

For more information visit intuniv.com or call **1-866-272-1222**. Ask the doctor about nonstimulant INTUNIV.

intuniv®
(guanfacine) Extended Release Tablets

Patient Information

INTUNIV® (in-TOO-niv) (guanfacine) Extended-Release Tablets

Read the Patient Information that comes with INTUNIV® before you start taking it and each time you get a refill. There may be new information. **This leaflet does not take the place of talking with your doctor about your medical condition or your treatment.**

What is INTUNIV®?

INTUNIV® is a prescription medicine used to treat the symptoms of attention deficit/hyperactivity disorder (ADHD).

INTUNIV® is not a central nervous system (CNS) stimulant.

INTUNIV® should be used as a part of a total treatment program for ADHD that may include counselling or other therapies.

It is not known if INTUNIV® is effective:

- for use longer than 9 weeks

It is not known if INTUNIV® is safe or effective:

- in children younger than 6 years old
- in adults

What should I tell my doctor before taking INTUNIV®?

Before you take INTUNIV®, tell your doctor if you:

- have heart problems or a low heart rate
- have fainted
- have low blood pressure
- have liver or kidney problems
- have any other medical conditions
- are pregnant or plan to become pregnant. It is not known if INTUNIV® will harm your unborn baby. Talk to your doctor if you are pregnant or plan to become pregnant.
- are breast-feeding or plan to breast-feed. It is not known if INTUNIV® passes into your breast milk. You and your doctor should decide if you will take INTUNIV® or breast-feed.

Tell your doctor about all of the medicines you take, including prescription and non-prescription medicines, vitamins, and herbal supplements.

INTUNIV® may affect the way other medicines work, and other medicines may affect how INTUNIV® works.

Especially tell your doctor if you take:

- ketoconazole
- medicines that can affect enzyme metabolism
- valproic acid
- high blood pressure medicine
- sedatives
- benzodiazepines
- barbiturates
- antipsychotics

Ask your doctor or pharmacist for a list of these medicines, if you are not sure.

Know the medicines you take. Keep a list of them and show it to your doctor and pharmacist when you get a new medicine.

How should I take INTUNIV®?

- Take INTUNIV® exactly as your doctor tells you.
- Your doctor may change your dose. Do not change your dose of INTUNIV® without talking to your doctor.
- Do not stop taking INTUNIV® without talking to your doctor.
- INTUNIV® should be taken 1 time a day, either alone or in combination with an ADHD stimulant medication that your doctor may prescribe. Your doctor will tell you when to take INTUNIV® and when to take your ADHD stimulant medication.
- INTUNIV® should be swallowed whole with a small amount of water, milk, or other liquid.

- Do not crush, chew, or break INTUNIV®. Tell your doctor if you can not swallow INTUNIV® whole.
- Do not take INTUNIV® with a high-fat meal.
- Your doctor will check your blood pressure and heart rate while you take INTUNIV®.
- If you take too much INTUNIV®, call your local Poison Control Center or go to the nearest emergency room right away.

What should I avoid while taking INTUNIV®?

- Do not drive, operate heavy machinery, or do other dangerous activities until you know how INTUNIV® affects you. INTUNIV® can slow your thinking and motor skills.
- Do not drink alcohol or take other medicines that make you sleepy or dizzy while taking INTUNIV® until you talk with your doctor. INTUNIV® taken with alcohol or medicines that cause sleepiness or dizziness may make your sleepiness or dizziness worse.

What are the possible side effects of INTUNIV®?

INTUNIV® may cause serious side effects including:

- low blood pressure
- fainting
- low heart rate
- sleepiness

Get medical help right away, if you have any of the symptoms listed above.

The most common side effects of INTUNIV® include:

- sleepiness
- nausea
- tiredness
- stomach pain
- trouble sleeping
- dizziness
- low blood pressure

Tell the doctor if you have any side effect that bothers you or that does not go away.

These are not all the possible side effects of INTUNIV®. For more information, ask your doctor or pharmacist.

Call your doctor for medical advice about side effects. You may report side effects to FDA at 1-800-FDA-1088.

How should I store INTUNIV®?

- Store INTUNIV® between 59°F to 86°F (15°C to 30°C)

Keep INTUNIV® and all medicines out of the reach of children.

General Information about INTUNIV®

Medicines are sometimes prescribed for purposes other than those listed in a Patient Information Leaflet. Do not use INTUNIV® for a condition for which it was not prescribed. Do not give INTUNIV® to other people, even if they have the same symptoms that you have. It may harm them.

This leaflet summarizes the most important information about INTUNIV®. If you would like more information, talk with your doctor. You can ask your pharmacist or doctor for information about INTUNIV® that is written for health professionals.

For more information, go to www.INTUNIV.com or call 1-800-828-2088.

What are the ingredients in INTUNIV®?

Active ingredient: guanfacine hydrochloride

Inactive ingredients: hypromellose, methacrylic acid copolymer, lactose, povidone, crospovidone, microcrystalline cellulose, fumaric acid, and glycerol behenate. In addition, the 3-mg and 4-mg tablets also contain green pigment blend PB-1763.

Manufactured for Shire US Inc., Wayne, PA 19087.

INTUNIV® is a registered trademark of Shire LLC.

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This product is covered by US patents including 5,854,290; 6,287,599; 6,811,794.

Version: February 2011 INT-01705



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1 Slick it on This line of lipsticks delivers vibrant color that lasts way longer than your a.m. commute. Dior Addict Lipstick in Red Carpet #963, \$28.

2 Take that, late 30s! A creamy cleanser with botanical extracts proven to battle the enzymes that cause fine lines. Shiseido Benefiance WrinkleResist24 Extra Creamy Cleansing Foam, \$35.

3 Polish your look Get a trendy spring wardrobe for your fingers with designer Jason Wu's Colour & Effects nail collection by CND, \$47 for five (including Brigitte, here).

4 Hair rehab Infused with vitamins and proteins, Couture Colour's Pequi Oil Treatment, \$32, will benefit any hair type—dyed, limp, frazzled, you name it.

5 The best bronzer brush Long bristles to grab powder and short ones to buff color onto skin—all in a portable tube. Too Faced Bronze-buki Brush, \$34.

6 Get a glint Light up eyes with Stila Sparkle Waterproof Liquid Eye Liners, \$22. Our fave is Bora Bora, a slightly punk-rock teal.

7 Smell (and do) good Support breast cancer research with Promise Me eau de toilette, \$29.99, a springy blend of mandarin and wild orchid; 13.5 percent of proceeds goes to Susan G. Komen for the Cure.

8 Smarty-pants palette Sonia Kashuk's Instructional Eye Shadow Palettes, \$19.99 each, have quick-reference cards for goof-proof application.

9 Steroids for hair Leave the crunch to your cereal! Body by Blow, \$20, adds volume without stiff, sticky residue.

10 Better-than-squeaky clean Jurlique's organic hand sanitizer, \$15, smells natural (not antiseptic) and leaves skin amazingly soft.



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Our new Tinted Lip Balms are 100% natural, from the Shea Butter and botanical waxes that moisturize, to the 6 flower-inspired shades that enhance your natural color. Because naturally nourished lips are beautiful lips. And beautiful lips say more than words ever could.



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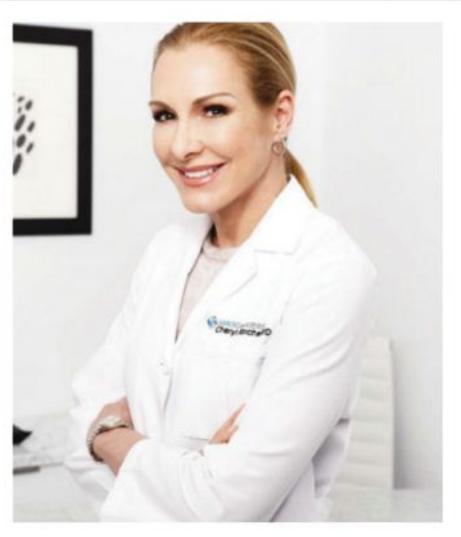
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{and safe}

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Despite its warmth and beauty, the sun's UV rays can cause not-so-pretty damage. Now, you can arm yourself with a product that not only protects against harmful rays but is also shown in in-vitro testing on skin cells to repair skin cell sun damage.**

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*"As a dermatologist, I know the importance of protection against damaging UV rays. **AVON ANEW Solar Advance** is a true BREAKTHROUGH because it not only protects, but also visibly reduces the signs of aging."*

— DR. CHERYL KARCHER,
AVON CONSULTING DERMATOLOGIST

DR. CHERYL KARCHER ANSWERS YOUR QUESTIONS

Q: **What's is your advice for healthy skin?**
Dr. Karcher: Sunscreen, sunscreen, sunscreen! It is the first commandment of any skin regimen.

Q: **Why is sunscreen so vital?**
Dr. Karcher: Long-term exposure to the sun's damaging UV rays can harm skin. It may also exacerbate the visible signs of skin aging and cause you to look older.

Q: **There are so many sunscreens out there, which would you recommend?**
Dr. Karcher: My patients ask me about sunscreen every day...and now I have something new to share with them: **AVON ANEW Solar Advance**—a revolutionary sun care line that provides both broad-spectrum photostable sunscreen and visible anti-aging benefits.

*Based on a consumer perception study.

**Measured in reconstructed skin after UVB exposure equal to approximately 10 minutes of summertime sunlight at 40°N lat.

SUMMER BEAUTY COUNTDOWN



Bare-body season looms,
so don't just stand
there quivering in your
leggings! Follow our summer
prep schedule and
bounce yourself right into
babe mode.
By Sandra Ramani

ONE MONTH AWAY

CUT DOWN ON PROCESSED FOODS The basic nutritional facts: Anything packaged is likely to have more sodium and saturated fats than its fresh counterpart—think of a potato chip versus a potato. Avoid that stuff to lose pounds and gain glow, says **Kimberly Snyder, author of *The Beauty Detox Solution*.**

GET BUFFED

Replace your body cleanser with an exfoliator that scrubs and foams.

Try Suki Exfoliate Foaming Body Cleanser (below), \$31.95, and De-luxe Bain Foaming Body Scrub, \$9.99.



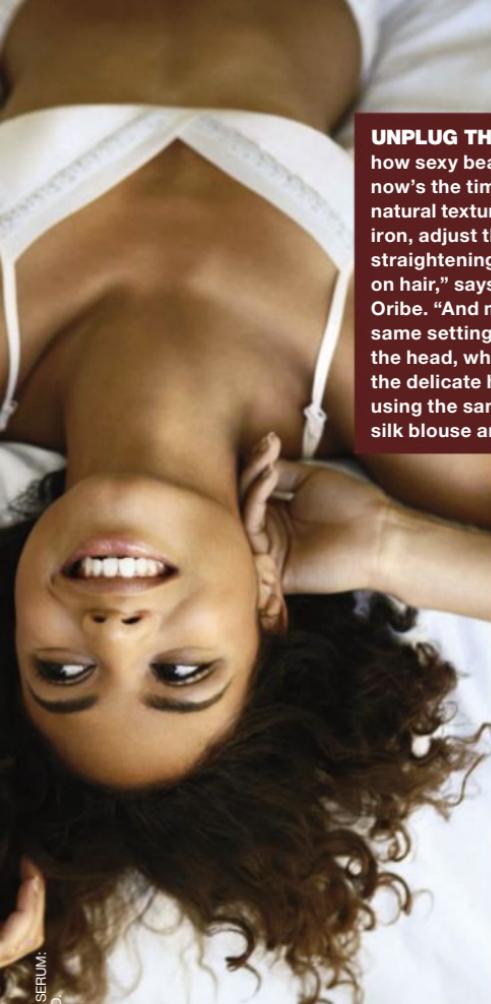
FACE THOSE FEET Do it now, before that first 60-degree day catches them no longer hidden in Uggs. Try this ease-into-summer routine from Brice Nicham, creator of the Health Pedicure at New York City's Julien Farel salons. **1.** Every few days, gently scrub soles with a pumice stone for a few seconds at the beginning of your shower and again at the end. The two-step approach prevents calluses that can build up from prolonged pressure. **2.** Work a buffer lightly and quickly over nails until ridges disappear and a shine emerges. **3.** Apply a rich moisturizer. **4.** When sandals become a reality, pick an eye-popping polish shade. "Brights let you get a bit wild after keeping your feet under cover for so long," says New York City manicurist Jin Soon Choi. Her latest faves: '70s retro hot pinks, corals, and opium reds." Above, from left: Sinful Colors in Bianca, \$1.99; Sally Hansen Complete Salon Manicure in Kook-a-Mango, \$7.95; Avon Nailwear Pro in Ruby Slipper, \$5.



A WEEK AWAY

LIGHTEN UP YOUR SKIN CARE Got oily skin? Replace moisturizer with a hyaluronic acid-rich serum, says Tina Alster, M.D., director of the Washington Institute of Dermatologic Laser Surgery. We like Derma E Hyaluronic Acid Rehydrating Serum, \$29.50, or SkinCeuticals Hydrating B5 Gel (above), \$67. (A few drops go a long way.) Normal to dry skin? Switch from cream to a gel moisturizer. Try Clinique Dramatically Different Moisturizing Gel, \$24.50.

SINFUL COLORS, SALLY HANSEN, RAZOR, SHAVE GEL: PHOTOGRAPHED BY STUART TYSKIN/STUDIO D.



UNPLUG THE IRON You know how sexy beachy waves are—and now's the time to embrace your natural texture. But if you must flat-iron, adjust the setting: "Constant straightening puts too much stress on hair," says celeb hairstylist Oribe. "And most women use the same setting for the hair in back of the head, which is coarser, as for the delicate hair in front. That's like using the same iron setting on a silk blouse and a pair of jeans!"

PLAN YOUR TAN

A gradual tanner is easiest, but avoid this common flub: "Don't choose the color you *want* to be; choose the shade on the label that corresponds with your existing skin tone," says Tessa Kienow, Terra Resort Group spa director. For instance, Jergens Natural Glow Daily Moisturizer in Medium to Tan, \$8.99, is meant for darker skin.

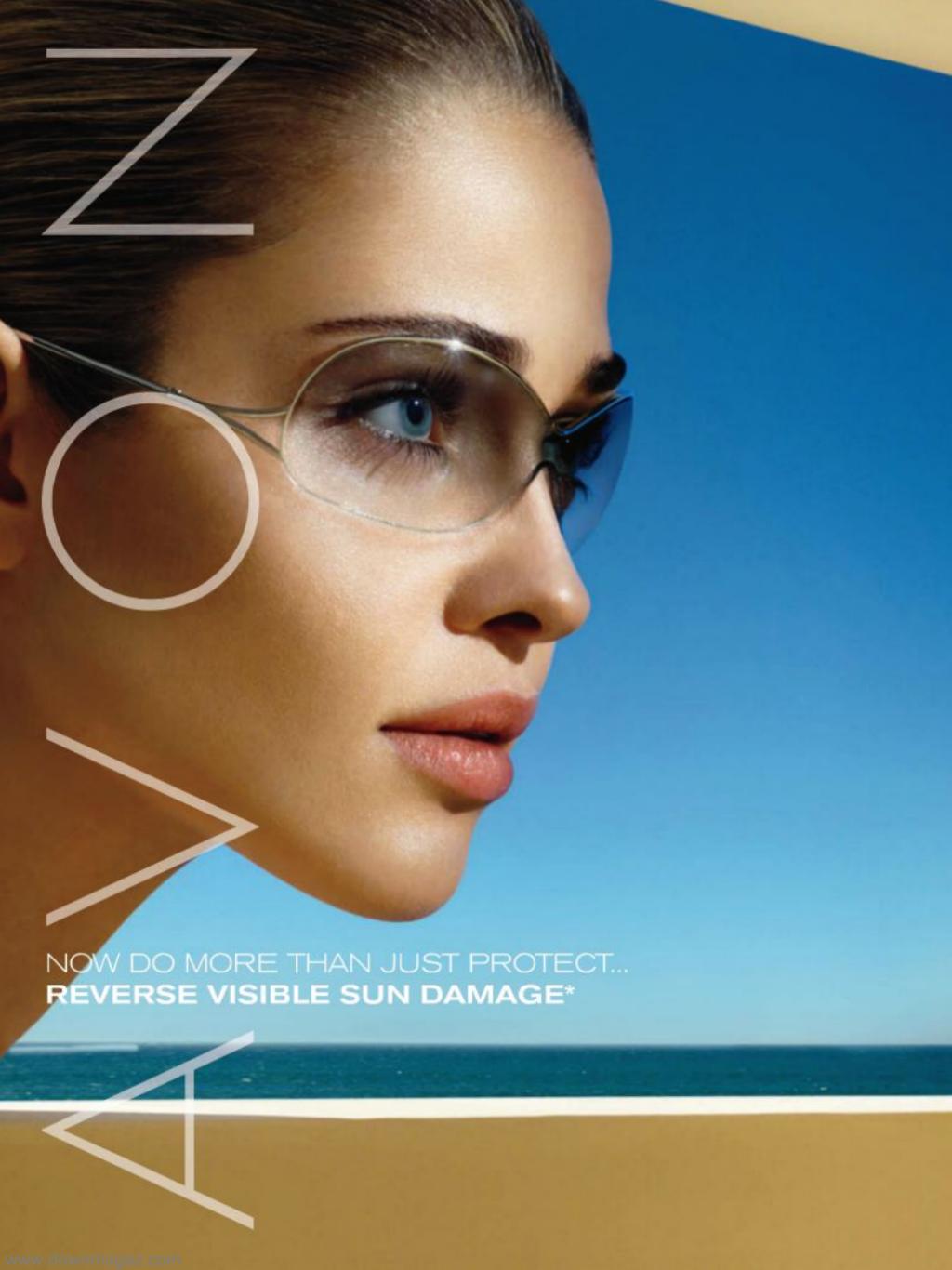
SALVAGE YOUR HAIR Resist the impulse to chop when you're frustrated with residual winter dryness. "Women think they have to get rid of two or three inches, when only a centimeter or two can make hair look significantly better," Oribe says. A deep-conditioning treatment (try Dove Damage Therapy Intensive Repair Deep Repairing Mask, \$5.99) should take care of the rest.

ONE DAY AWAY

NIX STUBBLE

"First run your razor with the direction of hair growth, then against it," Kienow says. "Changing direction, particularly in areas where hair grows unevenly, gives the closest shave." The best tools: a razor with at least three blades (try the Bic Simply Soleil, four for \$4.99), a moisturizing shave gel (such as Kiss My Face Cool Mint Moisture Shave, \$7.95), and a post-shave product that prevents and treats ingrown hairs wherever you're prone to them (we love Shaveworks the Cool Fix Targeted Gel Lotion, \$25).





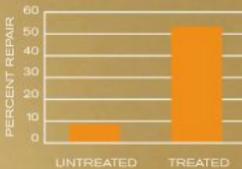
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SUN DAMAGE AFTER 24 HOURS.**



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*Based on a consumer perception study.

**Measured as repair of DNA damage in reconstructed skin after UVB exposure equal to about 10 minutes of summertime sun exposure at 40 degrees N latitude. The Skin Cancer Foundation recommends Anew Solar Advance as an effective UVA/UVB sunscreen.



SUMMER'S HERE!



Cali girl Kate Hudson has the beach-babe look down pat.

FAKE A POST-VACATION FACE
Bronzer is all you need, but be sure to use the right formulation and the most believable color. Celebrity makeup artist Maria Verel says, "For the easiest blendability, use a powder on dry skin and a cream on oily or combination skin. And always be sure to stay within two shades of your own skin tone."



ACCENT YOUR EYES Sweep a sheer cream shadow across lids. "It never needs primer and makes for the easiest application," says Verel, who swears by Benefit Creaseless Cream Shadow/Liner (above in, from left, Tattle Tale and R.S.V.P.), \$19 each. "It really stays put, even in the heat."



DEBUT YOUR 2011 SUMMER HAIRSTYLE

All you need is a scarf in a fun pattern (like Kate Hudson's, left), says Jessie James, a stylist at New York City's Marie Robinson Salon: "Leave your hair down and use the scarf as a headband, or make a high ballerina bun and wrap it around the base." Or try a chic headband or jeweled bobby pins. They're like beach toys for your hair!

Above, from left: Goody Simply Stranded Headband, \$4.99; Jennifer Behr crystal and ribbon-wrapped bobbles, two for \$68; Pluma Viola headband, \$45.



SWEETEN LIPS

Apply any lip balm (Verel likes ChapStick Classic, \$1.99), then a bitten-lip-colored pencil. "MAC Cremestick Liner in Pink Treat (left, \$14.50) is perfect; it works on every skin tone," she says. Apply the color in little feathery strokes in the center of your mouth, then "smoosh lips together, leaving the edges undefined for softness."

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Escape TO A TROPICAL GETAWAY



Additionally, 100 2nd-prize winners will each receive a full-size **Avon Anew Solar Advance Body Lotion SPF 30 & Face Lotion SPF 45**—the 1st anti-aging sun care line with RepairShield™ technology designed to protect and repair skin cell sun damage*.

Get in on the excitement! Simply log on to Avon.com/BreezesSweepstakes by 6/30/11 for entry and details.

*Measured in reconstructed skin after UVB exposure equal to approximately 10 minutes of summertime sunlight at 40°N lat.

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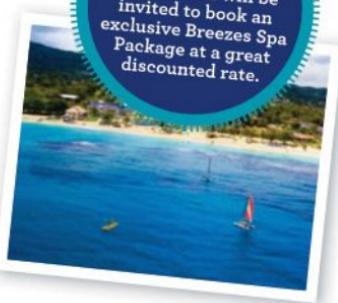


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All entrants will be invited to book an exclusive Breezes Spa Package at a great discounted rate.



Sponsor: Avon Products, Inc. NO PURCHASE NECESSARY to enter or win in the Tropical Getaway Sweepstakes. Void where prohibited. Open to legal residents of the 50 United States and the District of Columbia who are 18 or over. Sweepstakes begins on April 15th, 2011 at 12:00 AM ET and ends on June 30th, 2011 at 11:59 PM ET. For Official Rules which govern, please visit www.avon.com/BreezesSweepstakes.

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**Measured as repair of DNA damage in reconstructed
skin after UVB exposure equal to about 10 minutes of
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The Skin Cancer Foundation recommends Anew
Solar Advance as an effective UVA/UVB sunscreen.



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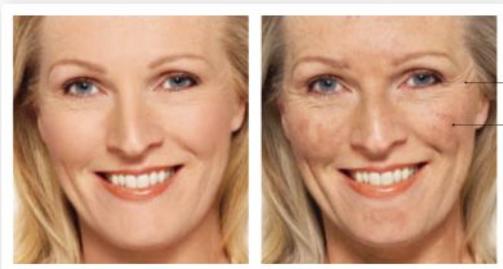
“ The sun is actually one of skin’s worst enemies. The **damaging UV sun rays** can harm skin and visibly age your appearance over time. ”

— DR. CHERYL KARCHER

SUN EXPOSURE CAN CAUSE VISIBLE SIGNS OF AGING

When it comes to protecting your skin from the sun’s rays, knowledge is power. UV rays penetrate skin’s surface, damaging DNA and creating harmful free radicals that attack skin cells. The good news is, there are steps you can take to keep yourself sun-safe:

- **Steer clear of the sun** during the hours its rays are strongest, between 10 a.m. and 4 p.m. Wear a wide-brimmed hat for extra protection.
- **Slather on a sunscreen** that absorbs both UVA and UVB, like **AVON ANEW Solar Advance**. This broad-spectrum sunscreen helps protect against harmful UV rays.
- **Don’t wait until you’re in the sun** to apply sunscreen. Give it a chance to absorb into skin by applying it 15 to 30 minutes before heading outdoors.
- **Apply sunscreen to often-skipped areas** such as your neck, ears, nose, hands, and toes, as well as the backs of your arms and legs.



Dramatization of damage from repeated sun exposure over time that can accelerate visible signs of aging

FORMULATED TO PROTECT & REPAIR

ANEW Solar Advance with patented RepairShield™ is designed to:

- ✓ **REDUCE** the look of wrinkles and visibly diminish discolorations**
- ✓ **REPAIR** 50% of skin cell damage in 24 hours in in-vitro testing*
- ✓ **PROTECT** by boosting skin’s own antioxidants to help fight free radicals
- ✓ **PROVIDE** broad spectrum UVA/UVB protection

**Using Anew Solar Advance Face Lotion

NEW



The Skin Cancer Foundation recommends Anew Solar Advance as an effective UVA/UVB sunscreen.

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OR CALL 800-FOR-AVON

BEAUTY CALL



Penélope and Johnny, waist-deep in gorgeous.

DO I NEED...

...antiaging makeup?



Elizabeth Arden Ceramide Ultra Lift and Firm Makeup SPF 15, \$42.

No, says New York City dermatologist Heidi Waldorf, M.D. "It's a bonus. It can improve skin, but not like straight antiaging treatments, which have higher concentrations of active ingredients and really get rubbed in." Still, every bit of wrinkle-fighting helps—unless you're using a retinoid at night, in which case, avoid makeup that contains retinol or any other exfoliant.

SCREEN GRAB

Three pirate inspired ideas

All smudgy eyes and wild waves, Penélope Cruz makes her buccaneering debut in this month's *Pirates of the Caribbean: On Stranger Tides*, and she's never looked sexier. It's a lot of liner (though Johnny Depp's is even more heavy-handed), but next time you go out, do the lite version with these how-to's from Penélope's on-set makeup artist, Ana Lozano, and hairstylist, Manolo Garcia.

Near-naked skin: "I wanted her to look like a rebellious woman with skin that seemed tanned by the sun," says Lozano, who skipped foundation and instead dusted on bronzer with a brush, then added pink blush for a flushed effect.

Smokin' eyes: "For intense, seductive eyes, I used kohl pencil along her lower lashes, then smudged it," Lozano says.

Lotsa hair: "I went for an undone look," says Garcia, who first misted a wave enhancer onto Penélope's damp, towel-dried hair, then—after she'd air-dried—applied a serum to bring out even more texture and add shine.



Try (from top) Stila Kajal Eye Liner in Onyx, \$18; Frédéric Fekkai Beach Waves, \$24; Aveda Light Elements Smoothing Fluid, \$24; Hard Candy Hide & Glow Cheek Tint Duo in Pillow Talk, \$6; and Lancôme Tropiques Minérale Mineral Smoothing Loose Bronzer in Natural Ambre, \$38.50.



Curls Essentials Sample Kit, \$22 to \$25, with curl-boosting shampoo, conditioner, moisturizer, and styler.



Singers (and style renegades) Florence Welch (above) and Esperanza Spalding (right) let loose with sexy waves and spirals.

CURL POWER

While some women spend the GDP of small nations on hair-straightening treatments, the music world's sexiest stars have been rocking ringlets. To make sure yours look fierce, not frizzy, run a wide-tooth comb through them while your hair's damp, then apply curl definer from roots to ends, says Nicholas Penna Jr., a L'Oréal Professionnel stylist and regular backstage pro at fashion shows. Next, "scrunch and twirl hair as you dry with a diffuser," and finish with shine serum. Straight hair? Spiral small sections around a one-inch iron and let hair cool completely before you tousle.

CLOCKWISE FROM TOP LEFT: PETER MOUNTAIN/DISNEY ENTERPRISES INC., PHOTOGRAPHED BY GREG MARINO/STUDIO D (6), PHOTOGRAPHED BY STEWART TYSON/STUDIO D (4), STEVE GRANITZ/GETTY IMAGES, JON KOPALOFF/GETTY IMAGES, PHOTOGRAPHED BY STUART TYSON/STUDIO D.

PRISTIQ® (desvenlafaxine) is a prescription medication approved for the treatment of major depressive disorder in adults.

Important Safety Information About PRISTIQ®

Suicidality and Antidepressant Drugs
Antidepressants increased the risk compared to placebo of suicidal thinking and behavior (suicidality) in children, teens, and young adults. Depression and certain other psychiatric disorders are themselves associated with increases in the risk of suicide. Patients of all ages who are started on antidepressant therapy or when the dose is changed should be monitored appropriately and observed closely for clinical worsening, suicidality, or unusual changes in behavior such as becoming agitated, irritable, hostile, aggressive, impulsive, or restless. Should these occur, report them to a doctor. PRISTIQ is not approved for use in children under 18.

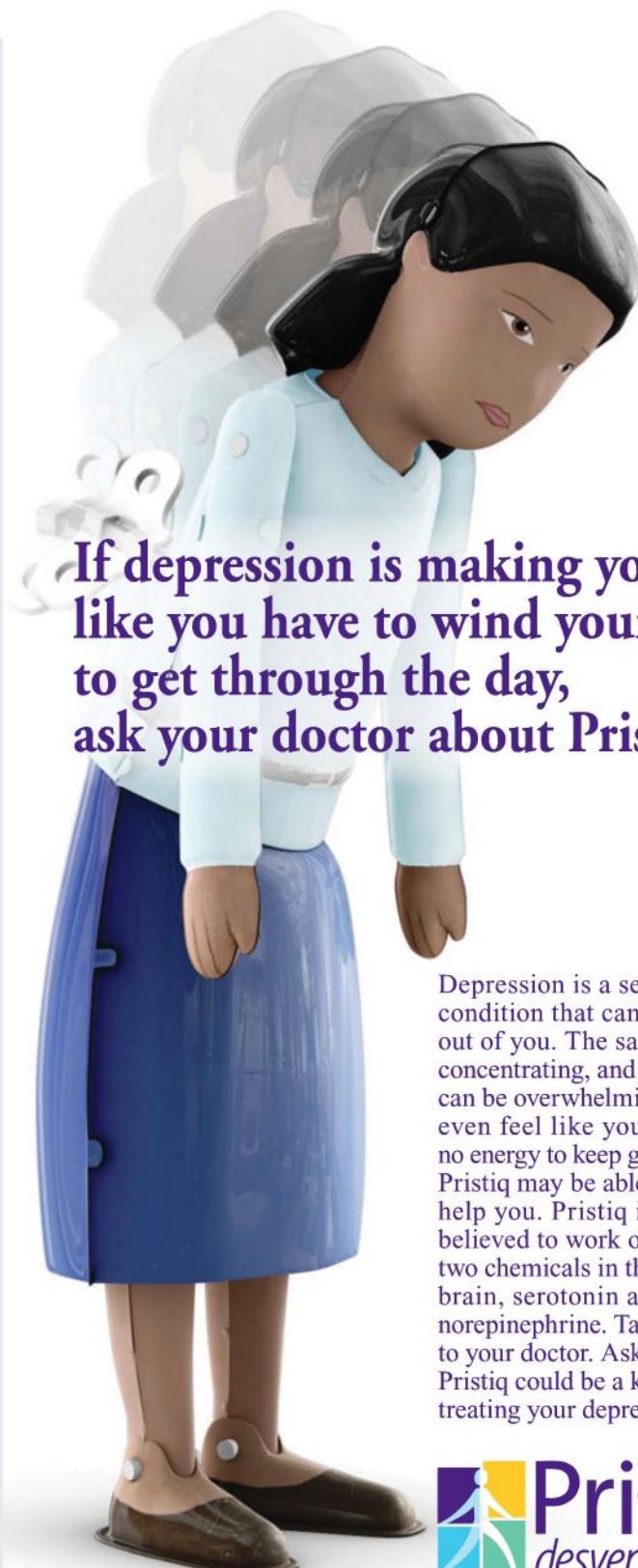
People taking MAOIs should not take PRISTIQ. Tell your healthcare professional about all prescription and over-the-counter medications you are taking or plan to take, including: medicines to treat migraines or psychiatric disorders, to avoid a potentially life-threatening condition; and aspirin, NSAID pain relievers, or blood thinners because they may increase the risk of bleeding.

PRISTIQ may cause or make some conditions worse, so tell your healthcare professional about all your medical conditions, including:

- High blood pressure, which should be controlled before you start taking PRISTIQ and monitored regularly
- Heart problems, high cholesterol or triglyceride levels, or a history of stroke, glaucoma or increased eye pressure, kidney or liver problems, or have low sodium levels in your blood
- Mania, bipolar disorder, or seizures or convulsions
- If nursing, pregnant, or plan to become pregnant

Discontinuation symptoms may occur when stopping or reducing PRISTIQ, so talk to your healthcare professional before stopping or changing your dose of PRISTIQ. Until you see how PRISTIQ affects you, be careful driving a car or operating machinery. Avoid drinking alcohol while taking PRISTIQ. Side effects when taking PRISTIQ 50 mg may include nausea, dizziness, sweating, constipation, and decreased appetite.

Please see Brief Summary of Prescribing Information on next page.



If depression is making you feel like you have to wind yourself up to get through the day, ask your doctor about Pristiq.

Depression is a serious medical condition that can take so much out of you. The sadness, trouble concentrating, and loss of interest can be overwhelming. You may even feel like you have no energy to keep going. Pristiq may be able to help you. Pristiq is believed to work on two chemicals in the brain, serotonin and norepinephrine. Talk to your doctor. Ask if Pristiq could be a key in treating your depression.



Pristiq®
desvenlafaxine
EXTENDED-RELEASE TABLETS

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

Visit Pristiq.com or call 1-800-PRISTIQ (1-800-774-7847)

IMPORTANT FACTS ABOUT Pristiq®

(pris'tee-k')
Pristiq® -
(desvenlafaxine)
Extended-Release
Tablets

Read the Medication Guide that comes with you or your family member's antidepressant medicine. Talk to your, or your family member's, healthcare provider about:

- all risks and benefits of treatment with antidepressant medicines
- all treatment choices for depression or other serious mental illness

What is the most important information I should know about antidepressant medicines, depression and other serious mental illnesses, and suicidal thoughts or actions?

1. **Antidepressant medicines may increase suicidal thoughts or actions in some children, teenagers, and young adults within the first few months of treatment.**
2. **Depression and other serious mental illnesses are the most important causes of suicidal thoughts and actions. Some people may have a particularly high risk of having suicidal thoughts or actions.** These include people who have (or have a family history of) bipolar illness (also called manic-depressive illness) or suicidal thoughts or actions.
3. **How can I watch for and try to prevent suicidal thoughts and actions in myself or a family member?**

- Pay close attention to any changes, especially sudden changes, in mood, behaviors, thoughts, or feelings. This is very important when an antidepressant medicine is started or when the dose is changed.
- Call the healthcare provider right away to report new or sudden changes in mood, behavior, thoughts, or feelings.
- Keep all follow-up visits with the healthcare provider as scheduled. Call the healthcare provider between visits as needed, especially if you have concerns about symptoms.

Call a healthcare provider right away if you or your family member has any of the following symptoms, especially if they are new, worse, or worry you:

- thoughts about suicide or dying
- attempts to commit suicide
- new or worse depression
- new or worse anxiety
- feeling very agitated or restless
- panic attacks
- trouble sleeping (insomnia)
- new or worse irritability
- acting aggressive, being angry or violent
- acting on dangerous impulses
- an extreme increase in activity and talking (mania)
- other unusual changes in behavior or mood

What else do I need to know about antidepressant medicines?

- Never stop an antidepressant medicine without first talking to a healthcare provider. Stopping an antidepressant medicine suddenly can cause other symptoms.

• **Antidepressants are medicines used to treat depression and other illnesses.** It is important to discuss all the risks of treating depression and also the risks of not treating it. Patients and their families or other caregivers should discuss all treatment choices with the healthcare provider, not just the use of antidepressants.

• **Antidepressant medicines have other side effects.** Talk to the healthcare provider about the side effects of the medicine prescribed for you or your family member.

• **Antidepressant medicines can interact with other medicines.** Know all of the medicines that you or your family member takes. Keep a list of all medicines to show the healthcare provider. Do not start new medicines without first checking with your healthcare provider.

• **Not all antidepressant medicines prescribed for children are FDA approved for use in children.** Talk to your child's healthcare provider for more information.

Important Information about Pristiq

Read the patient information that comes with Pristiq before you take Pristiq and each time you refill your prescription. There may be new information. If you have questions, ask your healthcare provider. This information does not take the place of talking with your healthcare provider about your medical condition or treatment.

What is Pristiq?

• Pristiq is a prescription medicine used to treat depression. Pristiq belongs to a class of medicines known as SNRIs (or serotonin-norepinephrine reuptake inhibitors).

• Pristiq is not approved for use in children and adolescents.

Who should not take Pristiq? Do not take Pristiq if you:

- are allergic to desvenlafaxine, venlafaxine or any of the ingredients in Pristiq.
- currently take, or have taken within the last 14 days, any medicine known as an MAOI. Taking an MAOI with certain other medicines, including Pristiq, can cause serious or even life-threatening side effects. Also, you must wait at least 7 days after you stop taking Pristiq before you take any MAOI.

What should I tell my healthcare provider before taking Pristiq?

Tell your healthcare provider about all your medical conditions, including if you:

- have high blood pressure
- have heart problems
- have high cholesterol or high triglycerides
- have a history of stroke
- have glaucoma
- have kidney problems
- have liver problems
- have or had bleeding problems
- have or had seizures or convulsions
- have mania or bipolar disorder
- have low sodium levels in your blood
- are pregnant or plan to become pregnant. It is not known if Pristiq will harm your unborn baby.
- are breastfeeding. Pristiq can pass into your breast milk and may harm your baby. Talk with your healthcare provider about the best way to feed your baby if you take Pristiq.

Serotonin syndrome or neuroleptic malignant syndrome (NMS)-like reactions

Rare, but potentially life-threatening, conditions called serotonin syndrome or Neuroleptic Malignant Syndrome (NMS)-like reactions can happen when medicines

such as Pristiq are taken with certain other medicines. Serotonin syndrome or NMS-like reactions can cause serious changes in how your brain, muscles, heart and blood vessels, and digestive system work.

Especially tell your healthcare provider if you take the following:

- medicines to treat migraine headaches known as triptans
- St. John's Wort
- MAOIs (including linezolid, an antibiotic)
- tryptophan supplements
- silbutramine
- tramadol
- medicines used to treat mood, anxiety, psychotic, or thought disorders, including tricyclics, lithium, selective serotonin reuptake inhibitors (SSRIs), or serotonin norepinephrine reuptake inhibitors (SNRIs), antipsychotic drugs, or other dopamine antagonists, such as metoclopramide

Ask your healthcare provider if you are not sure whether you are taking any of these medicines.

Before you take Pristiq with any of these medicines, talk to your healthcare provider about serotonin syndrome. See "What are the possible side effects of Pristiq?"

Pristiq contains the medicine desvenlafaxine. Do not take Pristiq with other medicines containing venlafaxine or desvenlafaxine.

Switching from other antidepressants

Side effects from discontinuing antidepressant medication have occurred when patients switched from other antidepressants, including venlafaxine, to Pristiq. Your doctor may gradually reduce the dose of your initial antidepressant medication to help reduce these side effects.

What should I avoid while taking Pristiq?

- Do not drive a car or operate machinery until you know how Pristiq affects you.
- Avoid drinking alcohol while taking Pristiq.

What are the possible side effects of Pristiq?

Pristiq can cause serious side effects, including:

- See the beginning of this page.
- Serotonin syndrome or neuroleptic malignant syndrome (NMS)-like reactions. See "What should I tell my healthcare provider before taking Pristiq?"

Get medical help right away if you think that you have these syndromes. Signs and symptoms of these syndromes may include one or more of the following:

• restlessness	• nausea	• loss of coordination
• hallucinations (seeing and hearing things that are not real)	• vomiting	• fast heart beat
• increase in blood pressure	• confusion	• increased body temperature
• coma	• diarrhea	• muscle stiffness

Pristiq may also cause other serious side effects including:

- New or worsened high blood pressure (hypertension). Your healthcare provider should monitor your blood pressure before and while you are taking Pristiq. If you have high blood pressure, it should be controlled before you start taking Pristiq.

• **Abnormal bleeding or bruising.** Pristiq and other SNRIs/SSRIs may cause you to have an increased chance of bleeding. Taking aspirin, NSAIDs (non-steroidal anti-inflammatory drugs), or blood thinners may add to this risk. Tell your healthcare provider right away about any unusual bleeding or bruising.

• Glaucoma (increased eye pressure)

• Increased cholesterol and triglyceride levels in your blood

• **Symptoms when stopping Pristiq (discontinuation symptoms).** Side effects may occur when stopping Pristiq (discontinuation symptoms), especially when therapy is stopped suddenly. Your healthcare provider may want to decrease your dose slowly to help avoid side effects.

Some of these side effects may include:

• dizziness	• irritability	• abnormal dreams	• diarrhea
• nausea	• sleeping problems (insomnia)	• tiredness	• headache
• anxiety	• sweating		

• Seizures (convulsions)

• **Low sodium levels in your blood.** Symptoms of this may include headache, difficulty concentrating, memory changes, confusion, weakness, and unsteadiness on your feet. In severe or more sudden cases, symptoms can include hallucinations (seeing or hearing things that are not real), fainting, seizures and coma. If not treated, severe low sodium levels could be fatal.

• **Allergic reactions.** Some reactions can be severe such as swelling beneath the skin (e.g., throat, face, hands). Contact your healthcare provider if you think you have any of these side effects.

Common side effects with Pristiq include:

• nausea	• insomnia	• diarrhea	• decreased sex drive
• headache	• constipation	• vomiting	• delayed orgasm and ejaculation
• dry mouth	• loss of appetite	• anxiety	• sweating
• sleepiness	• tremor	• dizziness	• tiredness
• dilated pupils			

These are not all the possible side effects of Pristiq. Tell your healthcare provider about any side effect that bothers you or does not go away. Call your doctor for medical advice about side effects. For more information on these and other side effects associated with Pristiq, talk to your healthcare provider, visit our web site at www.pristiq.com or call our toll-free number 1-888-Pristiq.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

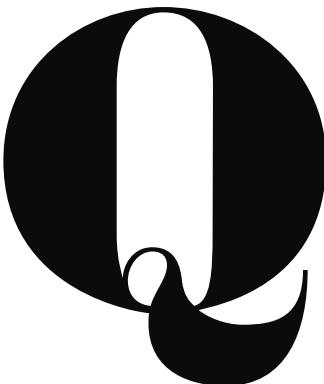
Contact Information

Please visit our web site at www.pristiq.com, or call our toll-free number 1-888-Pristiq to receive more information. This product's label may have been updated. For current package insert and further product information, please visit www.pfizer.com or call our medical communications department toll-free at 1-800-934-5556.

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I've got spider veins—and pre-beach panic! What do I do?



Need a little pest control? Here's advice from the pros.



THE DERMATOLOGIST SAYS:

"The good news is that unless you have a heavy spider vein situation, sclerotherapy injections can reduce them pretty easily. Injections cost \$300 per

Marsha Gordon, M.D., a New York City dermatologist and professor of dermatology at Mount Sinai School of Medicine

treatment on average, and large areas require multiple treatments over several months." If you're up for the expense, start now, Gordon advises, because "spider veins [which are red or purple] tend to look worse after the treatment before they heal and look better." Here's what happens: "A doctor injects saline solution or sodium tetradecyl sulfate directly into the vein, where it breaks down the inner lining of the dilated blood vessel. It causes some bleeding—which is why just-treated veins look worse—but the body reabsorbs the blood as they heal, and then they're no longer visible."



THE VASCULAR SURGEON SAYS:

"Sclerotherapy is the best way to get rid of spider veins, but if they're accompanied by aching, burning, cramping, heaviness, or swelling, you

Judith Lin, M.D., a vascular surgeon at Henry Ford Hospital in Detroit
should go to a vascular surgeon for an ultrasound. These could be symptoms of leaking valves from larger veins that need to be treated first." If you have no discomfort, your spider veins are probably purely cosmetic. One slight bummer: They tend to come creeping back over time. "To help prevent a recurrence, wear compression stockings when you know you'll be on your feet for long periods," Lin says. They're not sexy, but they "keep blood from pooling in the outer veins—where it can form spiders—and help make sure it circulates properly."



THE MAKEUP ARTIST SAYS:

"First, try self-tanner. It doesn't cover veins, but they won't stand out as much on golden-colored skin." The only way to really make them

Jessica Liebeskind, creative director at Vintage by Jessica Liebeskind in New York City
disappear is to use body foundation, which Liebeskind says "has a more opaque consistency than regular base."

To prep legs, gently exfoliate in the shower, then apply a rich body cream (Liebeskind likes Eucerin Plus Intensive Repair Body Creme). Use your fingers to pat and press the foundation into and around the vein: "Don't rub, or you'll lose the coverage you need." If you're really self-conscious, press translucent powder on top of the foundation to keep it in place all day.

—SALLY WADYKA

VEIN, VEIN, GO AWAY



Exfoliating pouf mesh sponge, \$2



Neutrogena MicroMist Airbrush Sunless Tan, \$11



Eucerin Plus Intensive Repair Body Creme, \$9



Dermablend Leg and Body Cover Foundation, \$27



Sclerotherapy injections, \$300-plus per treatment

Before Allegra, allergies were Billy's only weakness.

After Allegra, he's invincible.



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They're only kids once. Don't let allergies rob them of it. Children's Allegra® safely relieves kids' toughest symptoms. It's **fast*, long-lasting**, non-drowsy** medicine parents can depend on.

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ORIGINAL PRESCRIPTION STRENGTH
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**Ages 6 Years
and Older**

RELIEF OF:

- ✓ Sneezing
- ✓ Runny Nose
- ✓ Itchy, Watery Eyes
- ✓ Itchy Nose or Throat

Dissolves without water

12 HOUR

**Children's
Allegra®
Allergy**

Indoor and Outdoor Allergies
Ages 2 Years and Older

12 HOUR

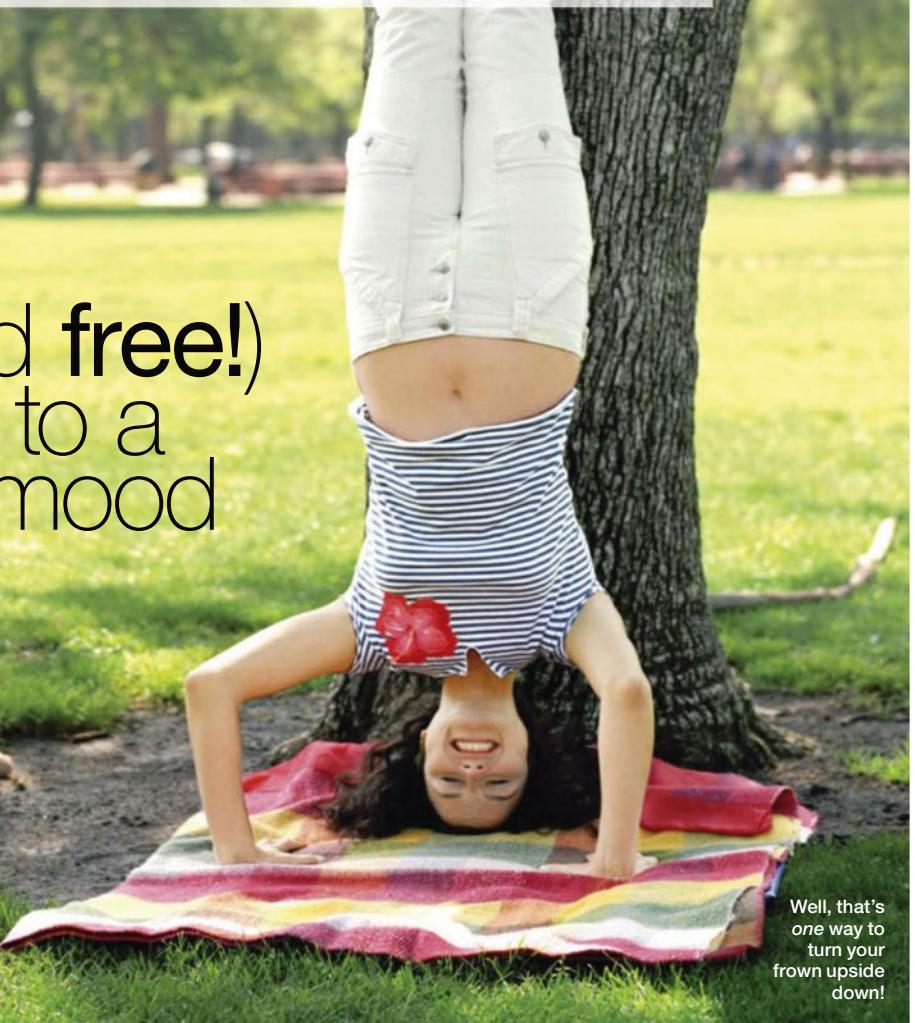
RELIEF OF:

- ✓ Sneezing
- ✓ Runny Nose
- ✓ Itchy, Watery Eyes
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Berry Flavor

Oral Suspension

Fast (and **free!**) ways to a good mood



Well, that's one way to turn your frown upside down!

Sutting down stress and boosting your mood can be as simple as getting dressed in the morning. Try these tweaks to your daily routine to leave your inner Negative Nancy in the dust.

STRIKE A POSE Your neighbor yammers nonstop about her yoga class, but is it really more calming than your treadmill time? Most definitely. A new study from Boston University found that people who twisted, toe-touched, and tree-posed three days a week felt more positive and less anxious than those who walked for the same amount of time. Why? The combination of focus, slow breathing, and stretching make you feel relaxed and loose. For free yoga workouts, try the Yogamazing podcast on iTunes, or enter to win the yoga set on page 56.

GET SOME LOVIN' If you or your guy are prone to anxiety or a temper, having sex more often may make you both happier, a study in *Social Psychological and Personality Science* found. The more often newlywed couples knocked boots during the

first four years of marriage, the more satisfied they were in their unions, whether or not their partner was occasionally edgy. A romp cancels out negative emotions with a rush of oxytocin, dubbed the "love hormone" because it makes you feel calm and content.

SAY A LITTLE PRAYER Having a silent conversation with a loving figure (whether it's God, the universe, or your aunt who passed away) can beat back gloom, a new study from the University of Wisconsin, Madison found. The meditative qualities of prayer have a calming effect on the brain and body. Plus, letting everything out helps wash away negative feelings, says researcher Shane Sharp.

TOSS YOUR GRANNY PANTIES *Consumer Reports* recently tackled perhaps its raciest topic ever: underwear! Almost 30 percent of women polled said that wearing unattractive or ill-fitting undies bums them out, and 47 percent said putting on a "special" pair gives them a boost. —MARISSA CONRAD



MAN MEDICINE

My husband doesn't drink every day, but when he goes out with his buddies, he tends to go all out. Is binge drinking risky for grown men?

"If he does it often, yes. We've studied it and found that the risk for heart disease in male binge drinkers was twice as high as that of moderate or regular drinkers. Binge drinking—having more than five drinks in a few hours for men or four for women—is linked to an increase in triglycerides, LDL (bad) cholesterol levels, and blood pressure, all of which increase heart disease risk. Drinking too much at a party a couple times a year isn't necessarily a problem, but as a rule, men shouldn't exceed three alcoholic beverages a day—and one drink is 12 ounces of beer, about one ounce of liquor, or five ounces of wine."

—JEAN-BERNARD RUIDAVETS, M.D., EPIDEMIOLOGIST AT THE TOULOUSE UNIVERSITY SCHOOL OF MEDICINE IN FRANCE

ASK THE DOCTORS:

Why are strokes on the rise in young women?

A new fact to know: Stroke risk among women ages 35 to 44 shot up 36 percent in the last decade, a preliminary study shows. "No doubt it's related to rates of obesity and diabetes," says ob/gyn Lisa Masterson, M.D. So what's the best way to protect yourself?

- Pay attention to blood pressure. "Heart attacks and strokes strike suddenly, so when you do have a warning sign, like hypertension, don't ignore it," Masterson says. At your next doctor visit, ask what your blood pressure is and whether it's healthy. "If it's high, your doctor can help you control it with diet, exercise, and even medication."
- Move! "Get up and get off your bottom! If I don't put my workouts on the calendar, they simply don't get done," Masterson says. "I always suggest that patients make fitness appointments with themselves and make exercise fun. Try a Zumba class with friends or sign up for a 5K race—whatever motivates you to keep going."
- Plan your meals. "Every Sunday, think about the next week and how you're going to get your five to nine servings of fruits and veggies every day—frozen or fresh," Masterson says. "Produce is packed with nutrients and fiber that protect your arteries, and if you're eating more fresh stuff, you're eating less processed junk. It's a win-win."

Send your health questions to askthedoctors@redbookmag.com.

WHEN KIDS GET TOO MUCH FLUORIDE



It's a no-brainer that fluoride is good for your kids' teeth... or is it?

"Fluoride makes teeth resistant to decay, but some kids get too much," says Edmond Hewlett, D.D.S., a spokesperson for the American Dental Association. Recent data shows that one third of grade-schoolers and 40 percent of teens have fluorosis, a discoloration of the teeth that's caused by too much fluoride. It's not dangerous but can cause white streaks and, in extreme cases, brown stains. So the Environmental Protection Agency recently lowered their recommendation for fluoride levels in drinking water to 0.7 milligrams or less per liter. Go to apps.nccd.cdc.gov/mwft to find out how much fluoride is in *your* drinking water. If your supply is fluoridated, you can keep using fluoride toothpaste, but kids don't need extra fluoride treatments at the dentist. Well water can be too high in fluoride, so if you rely on it, serve kids bottled water instead. If your child already has noticeable fluorosis, your dentist can prescribe a remineralizing paste to help lessen white spots. —LISA FIELDS

Lisa Masterson, M.D., is an ob/gyn and cohost of the syndicated medical talk show *The Doctors* (check local listings).





A new birth control pill that's **everything** you are.

New Lo Loestrin™ Fe has the lowest daily dose of estrogen available today in a Pill – just 10 micrograms – and gives you the contraceptive protection you need. In other words, a ten for a ten.

Lo Loestrin™ Fe is a prescription medicine indicated for use by women to prevent pregnancy.

www.LoLoestrin.com | 1-855-LoLoFe10

IMPORTANT SAFETY INFORMATION about Lo Loestrin™ Fe

Serious as well as minor side effects have been reported with the use of birth control pills. **Smoking increases your risk of serious cardiovascular side effects from the Pill, including blood clots, stroke, or heart attack, which can be fatal. This risk increases with age and the number of cigarettes you smoke. Do not use Lo Loestrin™ Fe if you smoke cigarettes and are over 35 years old.**

Some women should not use the Pill, including women who have or have had blood clots; breast cancer or any cancer that is sensitive to female hormones; a history of heart attack or stroke; high blood pressure that medicine can't control; diabetes with kidney, eye, nerve, or blood vessel damage; liver disease or liver tumors; certain kinds of severe migraine headaches; as well as those who are or may be pregnant.

Oral contraceptives do not protect against HIV infection (AIDS) and other sexually transmitted diseases.

Please see the Brief Summary of Patient Information on next page or Full Prescribing Information, which includes the Patient Information, for Lo Loestrin™ Fe at www.loloestrin.com

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.



Lo Loestrin™ is a trademark of Warner Chilcott Company, LLC.
2803 December 2010

Lo Loestrin™ Fe
(norethindrone acetate and ethynodiol diacetate,
ethynodiol tablets and ferrous fumarate tablets)
1 mg/10 mcg and 10 mcg

Lo Loestrin™ Fe

(norethindrone acetate and ethynodiol diacetate tablets, ethynodiol diacetate tablets and ferrous fumarate tablets)

Brief Summary of Patient Information

WARNING TO WOMEN WHO SMOKE

Do not use Lo Loestrin Fe if you smoke cigarettes and are over 35 years old. Smoking increases your risk of serious cardiovascular side effects (heart and blood vessel problems) from birth control pills, including death from heart attack, blood clots or stroke. This risk increases with age and the number of cigarettes you smoke.

Birth control pills help to lower the chances of becoming pregnant when taken as directed. They do not protect against HIV infection (AIDS) and other sexually transmitted diseases.

What is Lo Loestrin Fe?

Lo Loestrin Fe is a birth control pill. It contains two female hormones, an estrogen called ethynodiol diacetate, and a progestin called norethindrone acetate.

Who should not take Lo Loestrin Fe?

Your healthcare provider will not give you Lo Loestrin Fe if you have:

- Ever had blood clots in your legs (deep vein thrombosis), lungs (pulmonary embolism), or eyes (retinal thrombosis)
- Ever had a stroke
- Ever had a heart attack
- Certain heart valve problems or heart rhythm abnormalities that can cause blood clots to form in the heart
- An inherited problem with your blood that makes it clot more than normal
- High blood pressure that medicine can't control
- Diabetes with kidney, eye, nerve, or blood vessel damage
- Ever had certain kinds of severe migraine headaches with aura, numbness, weakness, or changes in vision
- Ever had breast cancer or any cancer that is sensitive to female hormones
- Liver disease, including liver tumors

Also, do not take birth control pills if you:

- Smoke and are over 35 years old
- Are or suspect you are pregnant
- Are allergic to anything in Lo Loestrin Fe

Birth control pills may **not** be a good choice for you if you have ever had jaundice (yellowing of the skin or eyes) caused by pregnancy, also called cholestasis of pregnancy.

Tell your healthcare provider if you have ever had any of the above conditions (your healthcare provider may recommend another method of birth control).

What else should I know about taking Lo Loestrin Fe?

Birth control pills do not protect you against any sexually transmitted disease, including HIV, the virus that causes AIDS.

Do not skip any pills, even if you do not have sex often.

If you miss a period, you could be pregnant. However, some women miss periods or have light periods on birth control pills, even when they are not pregnant. Contact your healthcare provider for advice if you:

- Think you are pregnant
- Miss one period and have not taken your birth control pills every day
- Miss two periods in a row

Birth control pills should not be taken during pregnancy. However, birth control pills taken by accident during pregnancy are not known to cause birth defects.

You should stop Lo Loestrin Fe at least four weeks before you have surgery and not restart it until at least two weeks after the surgery, due to an increased risk of blood clots.

If you are breastfeeding, consider another birth control method until you are ready to stop breastfeeding. Birth control pills that contain estrogen, like Lo Loestrin Fe, may decrease the amount of milk you make. A small amount of the pill's hormones pass into breast milk.

Tell your healthcare provider about all medicines and herbal products that you take. Some medicines and herbal products may make birth control pills less effective, including: barbiturates, bosentan, carbamazepine, felbamate, griseofulvin, oxcarbazepine, phenytoin, rifampin, St. John's wort, and topiramate.

Consider using another birth control method when you take medicines that may make birth control pills less effective.

Birth control pills may interact with lamotrigine, an anticonvulsant used for epilepsy. This may increase the risk of seizures, so your healthcare provider may need to adjust the dose of lamotrigine.

If you have vomiting or diarrhea, your birth control pills may not work as well. Use another birth control method, like a condom and spermicide, until you check with your healthcare provider.

If you are scheduled for any laboratory tests, tell your healthcare provider that you are taking birth control pills. Certain blood tests may be affected by birth control pills.

What are the most serious risks of taking Lo Loestrin Fe?

Like pregnancy, birth control pills increase the risk of serious blood clots, especially in

women who have other risk factors, such as smoking, obesity, or age greater than 35. It is possible to die from a problem caused by a blood clot, such as a heart attack or a stroke. Some examples of serious blood clots are blood clots in the:

- Legs (deep vein thrombosis)
- Lungs (pulmonary embolus)
- Eyes (loss of eyesight)
- Heart (heart attack)
- Brain (stroke)

A few women who take birth control pills may get:

- High blood pressure
- Gallbladder problems
- Rare cancerous or noncancerous liver tumors

All of these events are uncommon in healthy women.

Call your healthcare provider right away if you have:

- Persistent leg pain
- Sudden shortness of breath
- Sudden blindness, partial or complete
- Severe pain or pressure in your chest
- Sudden, severe headache unlike your usual headaches
- Weakness or numbness in an arm or leg, or trouble speaking
- Yellowing of the skin or eyeballs

What are the common side effects of birth control pills?

The most common side effects of birth control pills are:

- Spotting or bleeding between menstrual periods
- Nausea
- Breast tenderness
- Headache

These side effects are usually mild and usually disappear with time.

Less common side effects are:

- Acne
- Less sexual desire
- Bloating or fluid retention
- Blotchy darkening of the skin, especially on the face
- High blood sugar, especially in women who already have diabetes
- High fat (cholesterol, triglyceride) levels in the blood.
- Depression, especially if you have had depression in the past. Call your healthcare provider immediately if you have any thoughts of harming yourself
- Problems tolerating contact lenses
- Weight gain

These are not all of the possible side effects of Lo Loestrin Fe. For more information, ask your healthcare provider or pharmacist.

No serious problems have been reported from a birth control pill overdose, even when accidentally taken by children.

What should I know about my period when taking Lo Loestrin Fe?

When you take Lo Loestrin Fe you may have bleeding and spotting between periods, called unscheduled bleeding. Approximately half of the women who use Lo Loestrin Fe have unscheduled bleeding or spotting in the first months of use, and about one-third of users continue to have unscheduled bleeding or spotting after one year of use. If the unscheduled bleeding or spotting is heavy or lasts for more than a few days, you should discuss this with your healthcare provider.

What if I miss my scheduled period when taking Lo Loestrin Fe?

It is not uncommon to miss your period. However, if you go two or more months in a row without a period, or you miss your period after a month where you did not take all your pills correctly, call your healthcare provider because you may be pregnant. Also notify your healthcare provider if you have symptoms of pregnancy such as morning sickness or unusual breast tenderness. Stop taking Lo Loestrin Fe if you are pregnant.

Call your healthcare provider for medical advice about side effects. You may report side effects to FDA at 1-800-FDA-1088 or www.fda.gov/medwatch.

This is only a summary of important information about Lo Loestrin Fe. You can ask your healthcare provider or pharmacist for complete product information about Lo Loestrin Fe OR visit www.loloestrin.com



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Rockaway, NJ 07866

1-800-521-8813

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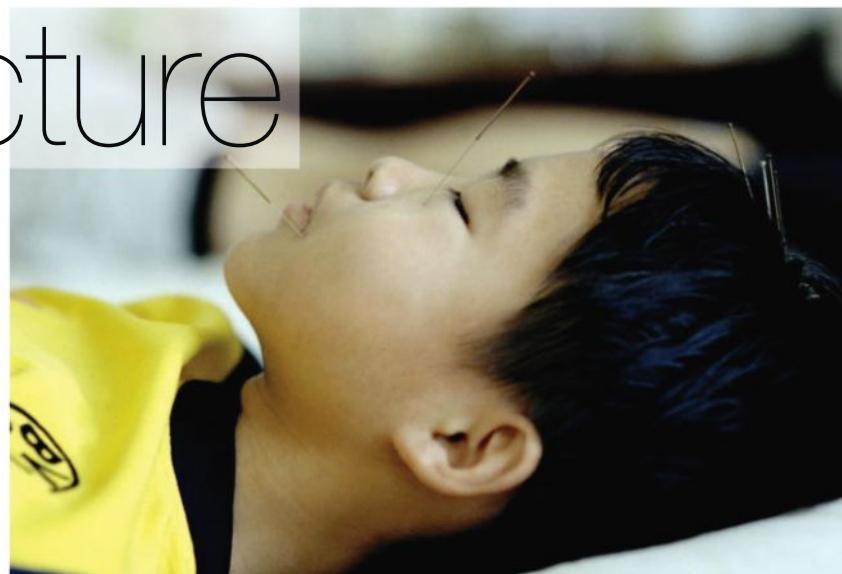
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THE LATEST TREND IN KIDS' MEDICINE:

acupuncture

Most of us would say yes to anything that makes our children feel better, and expert evidence is piling up in favor of kiddie acupuncture. Recent research from the New York Eye and Ear Infirmary found that acupuncture was as effective at treating amblyopia, or "lazy eye," as eye patches. Other studies have linked acupuncture with reduced symptoms of ADHD in preschoolers and decreased crying episodes in colicky infants. And, according to a small study from doctors at Rush University Medical Center in Chicago, acupuncture may alleviate pain and nausea in kids with chronic illnesses.

Worried about the ouch factor? "While no one likes needles, kids are often surprised at how relatively painless and helpful acupuncture can be," says Kathi Kemper, M.D., founding chair of the American Academy of Pediatrics section on complementary and integrative medicine. "The needles are tiny, and they're not hollow, so they don't tear the skin." To find



a reputable provider in your area, Kemper recommends asking your child's pediatrician, who can direct you to someone specially licensed in pediatric acupuncture. You can also use the "advanced search" option at acufinder.com to find a local acupuncturist who specializes in treating kids. —SARAH JIO

It looks scary, but these needle pricks hurt way less than shots. Promise!

THE SURPRISING VITAMIN YOU NEED MORE OF

About a bazillion foods are fortified with folate, a B vitamin that reduces birth defects in babies and may help ward off cancer in adults. And yet we still aren't getting enough. A recent study found that 22 percent of Canadian women of childbearing age are low on folate, and experts from the U.S. National Center for Health Statistics think the same is likely true of American women. Why? Despite fortification, it can be hard to get the 400 to 800 micrograms you need from food. But choosing the right bites can make it easier: Multigrain Cheerios has 414 mcg per cup, and a cup of cooked spinach has 263 mcg. To make sure you get enough, consider taking a multivitamin with 400 mcg of folic acid. —L.F.



FROM TOP: GIORGIO LOTTI/CONTRASTO/REDUX; ISTOCKPHOTO.COM



Freshen up in between with Summer's Eve® Feminine Wash

summerseve.com

how healthy works.

Healthy works when you eat right, exercise and take alli. Did you know alli is the only over-the-counter weight loss aid with FDA approval, unlike many dizzying pills in the diet category? It simply blocks about 25% of the fat you eat from being absorbed, without being a stimulant or appetite suppressant.

So when you work hard to lose two pounds by eating right and exercising, alli can help you lose one more pound.



GET STARTED ON THE ROAD TO A HAPPIER, HEALTHIER YOU WITH THESE SIMPLE TIPS:

1



TRY A NEW FOOD ONCE A WEEK.

Keep healthy eating interesting by trying a new good-for-you food each week. Whether it's a fruit, veggie, protein, or grain, variety makes eating right fresh and fun.

2



BUDDY UP TO BREAK A SWEAT.

Whether you meet a friend for a stroll, run, or yoga class, working out as a duo may help you stick with exercise longer. After all, you probably won't skip a workout if a pal is waiting for you.

3



MOTIVATE YOURSELF WITH ALLI.

alli's free personalized online support plan will provide you with expert nutrition advice, proven tools, and support to help increase your success in weight loss.

For more information visit www.myalli.com

alli is for overweight adults. alli works with a reduced calorie low fat diet. Use as directed.
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alli How healthy works

How $1+1=3$



Boost your weight loss with alli. When you work to lose two pounds on your own by eating a low-fat diet and getting active, alli is there to reward you by helping you lose one more pound. Simply add alli to your diet and exercise routine

to boost your weight loss and get closer to a healthier weight. Used by millions of people to lose weight safely, FDA-approved

alli works during digestion to block about 25% of the fat you eat from being absorbed. So, for every two pounds you work to lose through a low-fat diet and exercise, alli can help you lose one more.

Stay on track. alli's free online support plan is personalized with expert nutrition advice and

tools proven to help keep you on track to achieve and maintain a healthier weight. It rewards your efforts with everything you need to not only find a healthier weight, but a healthier you too.



how healthy works
Learn more at myalli.com

alli (Orlistat 60mg) is for overweight adults.
Use as directed. alli works with a reduced-calorie, low-fat diet.
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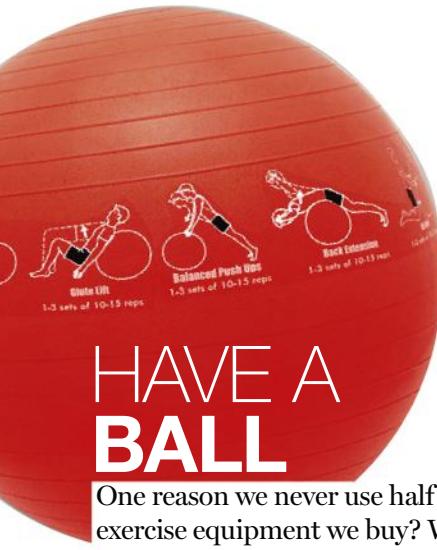
THE BETTER-THAN-NOTHING REAR-END WORKOUT

You don't even need to leave the couch for this one, people. Lacey Stone, a trainer at Equinox in New York City, says this exercise targets the outer muscles of your butt to give you a little lift—and she has no problem with your doing it while you watch TV!

A Lie on your left side, with your feet stacked on top of each other. Prop your head up on a pillow (or on your left

arm) and put your right hand in front of you for support.

B Squeeze your butt and slowly lift your right leg 50 to 60 degrees, to hip level, as shown. Then take five seconds to slowly bring it back down to meet your other leg. Do 20 repetitions, then flip so your head is at the other end of the couch and repeat on the other side. That's one set; do three sets.



HAVE A BALL

One reason we never use half the exercise equipment we buy? We honestly can't remember what we're supposed to do with it! That's what makes the TrainerBall (\$30, trainermat.com) so genius. The moves are printed right on it, so you know exactly what to do. And training on the ball does more than tighten your abs; it also improves leg and lower-back strength, endurance, flexibility, and balance, a new study shows.

3 WAYS TO MAKE ANY WORKOUT FEEL EASIER

Despite scientists' best efforts (and our fervent wishes), there's still no pill to replace exercise. But researchers have discovered a few tricks to make any workout feel magically less tough. Try one next time you hit the gym.



SIP AN ICED COFFEE Good news for caffeine addicts: A dose of joe can ease muscle pain, boost your energy, and make your workout seem easier—especially when it's warm out. In a University of Connecticut study, cyclists who had the caffeine equivalent of two cups of coffee before and during a ride in 90-degree heat felt 27 percent less muscle pain than those who didn't.



USE A PODCAST People who exercise with a trainer work out 30 percent harder, a recent review in the *Journal of Strength and Conditioning Research* found. But when that's not an option, a digital coach can motivate you to push through tough workouts, the study's researcher says. We like the audio guides on Nike's free Training Club app. Bonus: You can listen to them at the same time as your existing workout playlist—and upbeat music has also been shown to make exercise feel less challenging.



CHILL OUT Hot weather or a steamy spin room spikes your heart rate, making exercise tougher. But people in one study who cooled off before and during a workout by plunging their legs in a pool or placing ice packs on their necks felt their workout was easier. If your energy is low, soak a towel in cold water and put it on your neck. After you're done, take a muscle-soothing shower: Use cool water first, then lukewarm. See? Your next workout just got better too! —NATALIE GINGERICH MACKENZIE



"I've been taking an antidepressant, but my depression was still creeping up on me."

If you've been on an antidepressant for at least 6 weeks and are still struggling with depression, having ABILIFY added to your antidepressant may help with unresolved symptoms in as early as 1-2 weeks.*

ABILIFY is a prescription medicine used to treat depression in adults as add-on treatment to an antidepressant when an antidepressant alone is not enough.

Important Safety Information

Elderly patients with dementia-related psychosis (eg, an inability to perform daily activities due to increased memory loss) taking ABILIFY have an increased risk of death or stroke. ABILIFY is not approved for treating these patients.

Antidepressants can increase suicidal thoughts and behaviors in children, teens, and young adults. Serious mental illnesses are themselves associated with an increase in the risk of suicide. When taking ABILIFY call your doctor right away if you have new or worsening depression symptoms, unusual changes in behavior, or thoughts of suicide. Patients and their caregivers should be especially observant within the first few months of treatment or after a change in dose. Approved only for adults 18 and over with depression.

- Call your doctor if you develop very high fever, rigid muscles, shaking, confusion, sweating, or increased heart rate and blood pressure, as these may be signs of a rare but potentially fatal condition called **neuroleptic malignant syndrome (NMS)**
- If you develop uncontrollable facial or body movements, call your doctor, as these may be signs of **tardive dyskinesia (TD)**. TD may become permanent and the risk of TD may increase with the length of treatment and the overall dose. While TD can develop after taking the medicine at low doses for short periods, this is much less common. There is no known treatment for TD, but it may go away partially or completely if the medicine is stopped
- If you have **diabetes** or have risk factors or symptoms of diabetes, your blood sugar should be monitored. High blood sugar has been reported with ABILIFY and medicines like it. In some cases, extreme high blood sugar can lead to coma or death

• **Other risks** may include lightheadedness upon standing, decreases in white blood cells (which can be serious), seizures, trouble swallowing, or impairment in judgment or motor skills. Until you know how ABILIFY affects you, you should not drive or operate machinery

The **common side effects** in adults in clinical trials (≥10%) include nausea, vomiting, constipation, headache, dizziness, an inner sense of restlessness or need to move (akathisia), anxiety, and insomnia. Tell your doctor about all the medicines you're taking, since there are some risks for drug interactions. You should avoid alcohol while taking ABILIFY.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch or call 1-800-FDA-1088.

Please read the additional Important Information about ABILIFY on the adjacent page.



Ask your doctor about the option of adding ABILIFY.
Register for a free ABILIFY offer* at ABILIFYfreeOffer.com.

*Based on 6-week clinical studies comparing ABILIFY + antidepressant versus antidepressant alone.

*Restrictions apply.



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IMPORTANT INFORMATION ABOUT ABILIFY (aripiprazole)

ABILIFY® (a BIL-i-fi) (aripiprazole) Rx ONLY

This summary of the Medication Guide contains risk and safety information for patients about ABILIFY. This summary does not include all information about ABILIFY and is not meant to take the place of discussions with your healthcare professional about your treatment. Please read this important information carefully before you start taking ABILIFY and discuss any questions about ABILIFY with your healthcare professional.

What is the most important information I should know about ABILIFY?

Serious side effects may happen when you take ABILIFY, including:

- **Increased risk of death in elderly patients with dementia-related psychosis:**

Medicines like ABILIFY can raise the risk of death in elderly people who have lost touch with reality (psychosis) due to confusion and memory loss (dementia). ABILIFY is not approved for the treatment of patients with dementia-related psychosis.

- **Risk of suicidal thoughts or actions: Antidepressant medicines, depression and other serious mental illnesses, and suicidal thoughts or actions:**

Antidepressant medicines may increase suicidal thoughts or actions in some children, teenagers, and young adults within the first few months of treatment. Depression and other serious mental illnesses are the most important causes of suicidal thoughts and actions. Some people may have a particularly high risk of having suicidal thoughts or actions including people who have (or have a family history of) bipolar illness (also called manic-depressive illness) or suicidal thoughts or actions.

How can I watch for and try to prevent suicidal thoughts and actions in myself or a family member?

- Pay close attention to any changes, especially sudden changes, in mood, behaviors, thoughts, or feelings. This is very important when an antidepressant medicine is started or when the dose is changed.
- Call the healthcare provider right away to report new or sudden changes in mood, behavior, thoughts, or feelings.
- Keep all follow-up visits with the healthcare provider as scheduled. Call the healthcare provider between visits as needed, especially if you have concerns about symptoms.

Call a healthcare provider right away if you or your family member has any of the following symptoms, especially if they are new, worse, or worry you:

- thoughts about suicide or dying, attempts to commit suicide, new or worse depression, new or worse anxiety, feeling very agitated or restless, panic attacks, trouble sleeping (insomnia), new or worse irritability, acting aggressive, being angry, or violent, acting on dangerous impulses, an extreme increase in activity and talking (mania), other unusual changes in behavior or mood.

What else do I need to know about antidepressant medicines?

- **Never stop an antidepressant medicine without first talking to a healthcare provider.** Stopping an antidepressant medicine suddenly can cause other symptoms.

- **Antidepressants are medicines used to treat depression and other illnesses.** It is important to discuss all the risks of treating depression and also the risks of not treating it. Patients and their families or other caregivers should discuss all treatment choices with the healthcare provider, not just the use of antidepressants.

- **Antidepressant medicines have other side effects.** Talk to the healthcare provider about the side effects of the medicine prescribed for you or your family member.

- **Antidepressant medicines can interact with other medicines.** Know all of the medicines that you or your family member takes. Keep a list of all medicines to show the healthcare provider. Do not start new medicines without first checking with your healthcare provider.

- Not all antidepressant medicines prescribed for children are FDA approved for use in children. Talk to your child's healthcare provider for more information.

What is ABILIFY (aripiprazole)?

ABILIFY is a prescription medicine used to treat:

- major depressive disorder in adults, as an add-on treatment to an antidepressant medicine when you do not get better with an antidepressant alone.

The symptoms of major depressive disorder (MDD) include feeling of sadness and emptiness, loss of interest in activities that you once enjoyed and loss of energy, problems focusing and making decisions, feeling of worthlessness or guilt, changes in sleep or eating patterns, and thoughts of death or suicide.

What should I tell my healthcare provider before taking ABILIFY?

Before taking ABILIFY, tell your healthcare provider if you have or had:

- diabetes or high blood sugar in you or your family; your healthcare provider should check your blood sugar before you start ABILIFY and also during therapy.
- seizures (convulsions).
- low or high blood pressure.
- heart problems or stroke.
- pregnancy or plans to become pregnant. It is not known if ABILIFY will harm your unborn baby.
- breast-feeding or plans to breast-feed. It is not known if ABILIFY will pass into your breast milk. You and your healthcare provider should decide if you will take ABILIFY or breast-feed. You should not do both.
- low white blood cell count.
- phenylketonuria. ABILIFY DISCMELT Orally Disintegrating Tablets contain phenylalanine.
- any other medical conditions.

Tell your healthcare provider about all the medicines that you take or recently have taken, including prescription medicines, non-prescription medicines, herbal supplements, and vitamins.

ABILIFY and other medicines may affect each other causing possible serious side effects. ABILIFY may affect the way other medicines work, and other medicines may affect how ABILIFY works.

Your healthcare provider can tell you if it is safe to take ABILIFY with your other medicines. Do not start or stop any medicines while taking ABILIFY without talking to your healthcare provider first. Know the medicines you take. Keep a list of your medicines to show your healthcare provider and pharmacist when you get a new medicine.

How should I take ABILIFY?

- Take ABILIFY exactly as your healthcare provider tells you to take it. Do not change the dose or stop taking ABILIFY yourself.
- ABILIFY can be taken with or without food.
- ABILIFY tablets should be swallowed whole.
- If you miss a dose of ABILIFY, take the missed dose as soon as you remember. If it is almost time for the next dose, just skip the missed dose and take your next dose at the regular time. Do not take two doses of ABILIFY at the same time.
- If you take too much ABILIFY, call your healthcare provider or poison control center at 1-800-222-1222 right away, or go to the nearest hospital emergency room.

What should I avoid while taking ABILIFY?

- Do not drive, operate heavy machinery, or do other dangerous activities until you know how ABILIFY affects you. ABILIFY may make you drowsy.
- Do not drink alcohol while taking ABILIFY.
- Avoid getting over-heated or dehydrated.
- Do not over-exercise.
- In hot weather, stay inside in a cool place if possible.
- Stay out of the sun. Do not wear too much or heavy clothing.
- Drink plenty of water.

What are the possible side effects of ABILIFY (aripiprazole)?

Serious side effects have been reported with ABILIFY including:

- **Neuroleptic malignant syndrome (NMS):** Tell your healthcare provider right away if you have some or all of the following symptoms: high fever, stiff muscles, confusion, sweating, changes in pulse, heart rate, and blood pressure. These may be symptoms of a rare and serious condition that can lead to death. Call your healthcare provider right away if you have any of these symptoms.

- **High blood sugar (hyperglycemia):** Increases in blood sugar can happen in some people who take ABILIFY. Extremely high blood sugar can lead to coma or death. If you have diabetes or risk factors for diabetes (such as being overweight or a family history of diabetes), your healthcare provider should check your blood sugar before you start ABILIFY and during therapy.

Call your healthcare provider if you have any of these symptoms of high blood sugar while taking ABILIFY:

- feel very thirsty, need to urinate more than usual, feel very hungry, feel weak or tired, feel sick to your stomach, feel confused, or your breath smells fruity.

• **Difficulty swallowing:** may lead to aspiration and choking.

- **Tardive dyskinesia:** Call your healthcare provider about any movements you cannot control in your face, tongue, or other body parts. These may be signs of a serious condition. Tardive dyskinesia may not go away, even if you stop taking ABILIFY. Tardive dyskinesia may also start after you stop taking ABILIFY.

- **Orthostatic hypotension (decreased blood pressure):** lightheadedness or fainting when rising too quickly from a sitting or lying position.

- **Low white blood cell count**

- **Seizures (convulsions)**

Common side effects with ABILIFY in adults include nausea, inner sense of restlessness/need to move (akathisia), vomiting, anxiety, constipation, insomnia, headache, restlessness, dizziness.

These are not all the possible side effects of ABILIFY. For more information, ask your healthcare provider or pharmacist.

Call your doctor for medical advice about side effects. You may report side effects to FDA at 1-800-FDA-1088.

General information about ABILIFY

- Store ABILIFY at room temperature, between 59°F to 86°F. Opened bottles of ABILIFY Oral Solution can be used for up to 6 months after opening, but not beyond the expiration date on the bottle. Keep ABILIFY and all medicines out of the reach of children.

- Medicines are sometimes prescribed for purposes other than those listed in a Medication Guide. Do not use ABILIFY for a condition for which it was not prescribed. Do not give ABILIFY to other people, even if they have the same condition. It may harm them.

- This summary contains the most important information about ABILIFY. If you would like more information, talk with your healthcare provider. For more information about ABILIFY visit www.abilify.com.

Tablets manufactured by Otsuka Pharmaceutical Co, Ltd, Tokyo, 101-8535 Japan or Bristol-Myers Squibb Company, Princeton, NJ 08543 USA

Orally Disintegrating Tablets, Oral Solution, and Injection manufactured by Bristol-Myers Squibb Company, Princeton, NJ 08543 USA
Distributed and marketed by Otsuka America Pharmaceutical, Inc, Rockville, MD 20850 USA

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 Bristol-Myers Squibb

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[G]

Let yes become ooooh yes tonight...

[G]. One little drop, massaged -- yes, right there -- and you're ready for the hottest night you've ever oohed and aahhed your way through. Never has something so moist and gentle felt so....explosive.

Be your silkiest, most sensuous self with [G] ALL NATURAL FEMALE STIMULANT, the only one of its kind. Massage into the very most sensitive part of your body, and you're ready for what might just be *the best sex ever*.

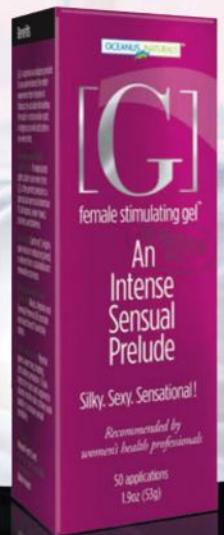
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LIMITED TIME ONLINE SPECIAL

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Stop freaking out! Here's some totally reassuring sexual-health advice from ob/gyn Hilda Hutcherson, M.D.

Dr. Hutcherson is an ob/gyn and a professor at Columbia University in New York City. Email her at askhilda@redbookmag.com.

Q *I had an abnormal Pap for the first time, and my doctor wants to schedule a colposcopy. How worried should I be?*

A No need for panic. The Pap test checks for changes on the cervix that could lead to cervical cancer if left untreated, but an abnormal result is *not* the same as a cancer diagnosis. A vast majority of the time, an abnormal Pap is caused by something other than cancer, such as HPV (human papillomavirus) or herpes, which your doctor can monitor, or bacteria, which can be treated with medication. About the colposcopy: I know it sounds scary, but it's actually pretty simple and painless. Your doctor will use a microscope-like device to look more closely at your cervix to see if there are any abnormal cells that need to be biopsied to get a clearer picture of what's going on. Though some strains of HPV can lead to cancer, most do not, and your abnormalities may even go away on their own. Just be sure to ask your ob/gyn about follow-up care: You may need to get a Pap test every six months until the situation clears up.



Switch lubes for baby-making sex.

Q *Can using lube make it harder to get pregnant?*

A Absolutely. Lube might make sex more fun, but for some couples, it makes sex less fruitful. Water-based lubricants have been shown to decrease the movement of sperm, and make it harder for his swimmers to get where they need to go. The effect isn't strong enough to cause infertility, nor can lube be used as an effective contraceptive, but if you are already having trouble conceiving, using a water-based lubricant may make it even harder. That said, there's a lube called Pre-Seed that infertility specialists recommend, because it's been shown not to slow down sperm. Try that when you're trying.

CASE HISTORY SHE HAD ORGASMS IN HER SLEEP!

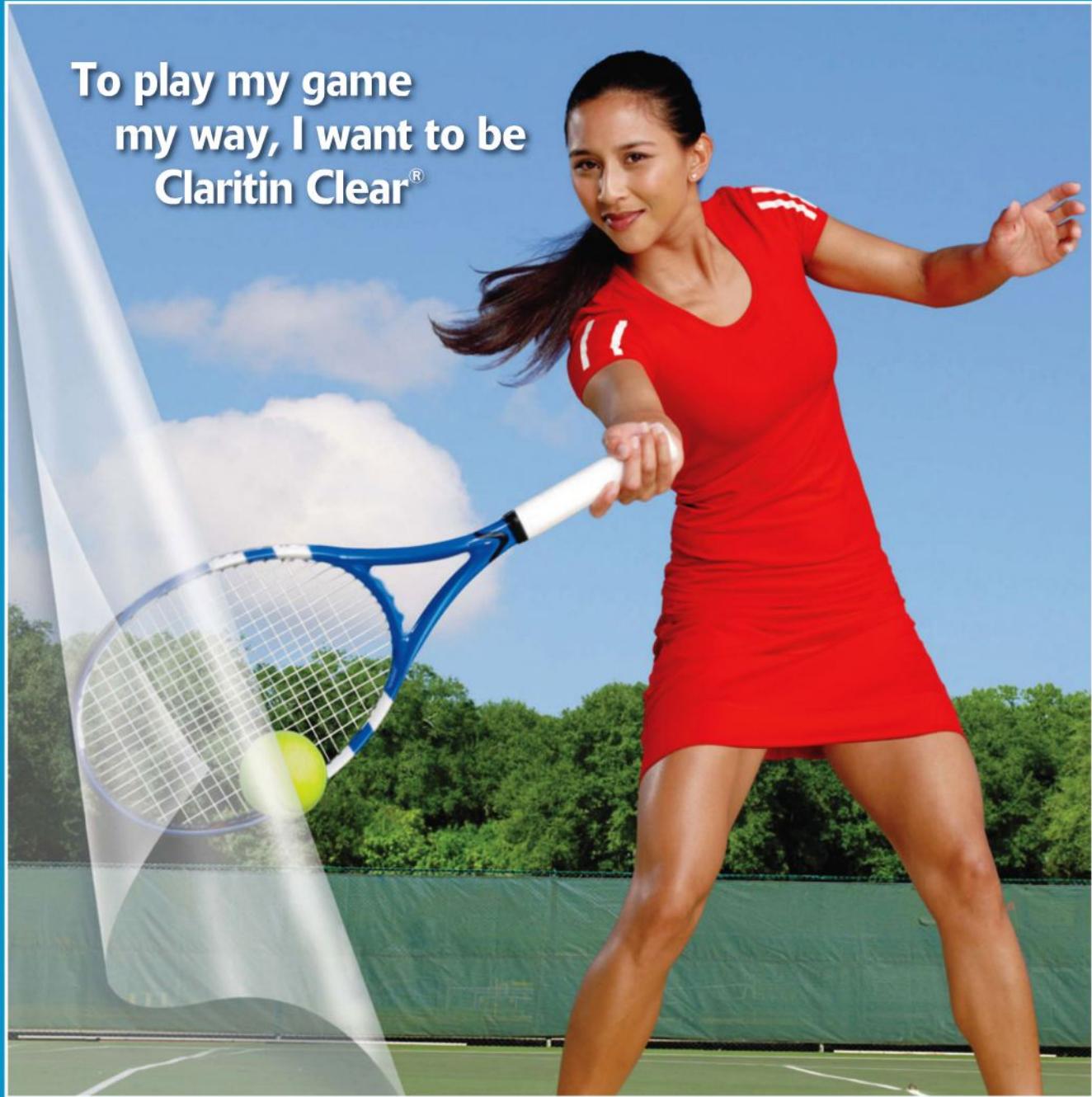


A foreplay-free orgasm might seem too good to be true to most of us, but I had one patient who came to me a bit unnerved when she started having intense climaxes in her sleep with no help from her husband. She was in her mid-40s, and felt embarrassed when she woke up one

morning mid-orgasm while he snoozed right next to her. She didn't remember whom or what she was dreaming about, and was surprised that she was able to climax in her sleep so easily when it was often hard for her to do so during sex. I reassured her that sexomnia, or sexual activity

during sleep, is basically your body's way of practicing sexual response during the deep stages of REM sleep. I believe that all women occasionally have orgasms while they sleep, similar to the wet dreams men have—but most are not lucky enough to wake up in the middle or remember it!

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Sunny, now a healthy weight, with her mom at her 2009 wedding.

I was “fat” in a thin family

The daughter of a former bikini model, Sunny Sea Gold ended up battling binge eating disorder. Now she's written a book, *Food: The Good Girl's Drug*, and vows never to pressure her kids about weight.

My sophomore year in high school, I was nominated for homecoming princess, and my mom bought me a red satin dress at a secondhand shop. I loved the sweetheart neckline, the spaghetti straps, and the very '90s rhinestones on the bodice. The dress fit but was a teeny bit snug around my belly. My mom could've taken it to the dry cleaners for alterations, but instead, she took me to the gym. I still remember one of the trainers looking at us like we were crazy when my mom said she just wanted me to lose three or four pounds before homecoming.

My mother was naturally thin—in fact, she modeled bikinis when she was 21—but I remember her going on salad-and-bread-only diets or drinking shakes to drop a few pounds before beach season when I was a kid. And

we always had calorie-counting books in the silverware drawer. Once when I was 9, I decided to see how few calories I could eat in a day. I logged just 800, and when I excitedly told my mother about it, she said, “That’s good, Sunny!” I wasn’t overweight, but instead of my mom’s long, lean look, I had inherited more of the sturdy shape of the women on my dad’s side of the family. I also had a bigger-than-average appetite (as a toddler I happily put away three hot dogs with the works—see the photo on page 120). My mother was afraid I was going to get fat.

One Christmas Eve when I was around 7, my mom didn’t feel well, so she sent me, my brother and sister, and my dad across the street to my grandparents’ house for gift opening. This grandma is famous for her Christmas cookies—chocolate turtles, snickerdoodles, candy-cane twists. And I was famous for my appetite. Perhaps that’s



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why, on my way out the door, my mom said to me, "Don't eat too many cookies. Don't blow it!" So what did I do? I ate 13 of them. I was keeping track because I wanted to go home and tell my mom how "good" I'd been, but as the count increased, so did my shame, and there was no way I was going to tell her how much I'd packed in my little belly.

My mother ran a pretty tight ship at our house, nutrition-wise. We were vegetarian for most of my childhood, and things like ice cream and cookies were rarities in our cupboard. The message I got was that certain foods were very bad. I now know—and research confirms—that thinking of foods in black-and-white terms like "good" or "bad" adds more than just guilt to eating them: It adds excitement, making the "bad" foods you're trying to avoid even more attractive. Eating something "bad" is also a convenient form of disobedience for a child. "Eating things you're not 'supposed to' can be a way to set yourself apart, to rebel against the rules and culture in your house," says Beverly Hills, CA, psychiatrist Charles Sophy. "You get fat in a family that really cares about thinness, and it's like you're flipping them off."

Rebelling is something I definitely set about doing in my early teens, and at about 15, a puzzling pattern of eating emerged. I was "good" when my mom or other people were around, but at night I'd sneak into the kitchen and eat slice after slice of bread with butter, or pour maple syrup into a jar of peanut butter and eat it with a spoon. In an effort to numb a cyclone of hurt and anger whipped up by my parents' impending divorce (and to rebel against

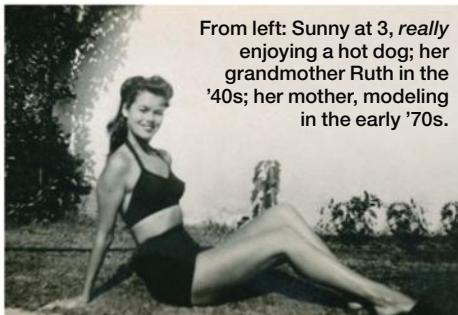
"I'd sneak into the kitchen and eat slice after slice of bread with butter, or pour maple syrup into a jar of peanut butter and eat it with a spoon."

my mom's food rules), I ate, secretly and uncontrollably. It was the start of a 15-year battle with binge eating disorder.

Eventually I started putting on weight. Meanwhile, the stress of her divorce was stripping pounds off my mother's already slim frame. When I had to buy clothes a size bigger than my own mom's, I hated myself for it; and, I admit, I hated her a little bit too. We started fighting, virulently. Once, after I yelled some insult at her, she slapped me across the face; the look in her eyes when I tried to hit her back was one of shock and horror.

One Sunday afternoon, sobbing, I threw a pair of too-tight jeans across my bedroom and screamed that I refused to wear anything larger. My mom (gingerly) stepped in and said she'd help—and asked a pharmacist friend to get me some diet pills. So there I was at 15 years old, 5-foot-6 and no more than 135 pounds, taking a prescription diet drug. The pills worked during the day but didn't keep me from bingeing at night. I began to loathe myself for what I saw as my lack of willpower, and I got weirder and weirder about the foods I was trying to avoid.

Now, before you go condemning my mother, let me tell you a little bit



From left: Sunny at 3, really enjoying a hot dog; her grandmother Ruth in the '40s; her mother, modeling in the early '70s.

How to help your kids stay normal about food and weight

Parents do not cause eating or body image disorders; that's one message eating disorders expert Ovidio Bermudez, M.D., wants to make clear. "Parents don't have to be perfect," he says. "But by looking at your own attitudes, you can reduce the potential that your behavior will send the wrong message to your kids." His advice:

NIX TEASING Nicknames like "Butterball" or "Our Big

Girl" may be meant endearingly, "but even with the best of intentions, teasing isn't always a benign experience," Bermudez says. "You don't know how it may affect your child."

STAY POSITIVE "Motivation by fear, like saying, 'Honey, if you don't lose some weight, no boys are going to like you,' doesn't work," Bermudez says. Your motivation for kids to eat healthy and be

active has to be *positive*. "If the whole family is enjoying healthy foods and being active, that's an example to follow," he says.

DON'T ENCOURAGE DIETING, even if your child is overweight. Just like adults, when kids "diet," they initially lose weight—but then gain it back, plus some, Bermudez says. Even worse, "if you study the development of eating disorders, many of them

begin with diets." So what do you do if your kid's weight is truly unhealthy? Improve everyone's diet at home. "You can't feed one child cottage cheese when the rest of the family is eating pizza," Bermudez says. "Changes in lifestyle will lead the whole family to be healthier and help an overweight child stabilize their weight." For more advice, go to healthygirl.org/resources/help-for-parents.

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about the way *she* grew up. She came from a long line of pretty women, and starting at age 5, her paternal grandmother would dress her up in hats, heels, furs, red lipstick, and a rhinestone cigarette holder (complete with lit ciggie) and take pictures. Her grandmother once even measured her features, explaining the dimensions of the "perfect" face. One of my aunts, Sunny Sherman, competed in beauty pageants—but because of her voluptuous shape, my grandmother Ruth (a former aquacade swimmer who used to date movie stars) would tell Sunny to suck in her tummy and called her a "Sherman tank." Fat was unacceptable in my mother's family, and the pressure didn't end with childhood. I remember one holiday when I was a kid, my grandfather got a digital bathroom scale as a gift, and he started needling all the adults to get on it. In front of everyone. Then he said things like, "That's my beautiful daughter!" or "Whoa, you're packing on pounds."

Knowing her backstory, I'm not angry with my mom for how she acted with me. In fact, I'm immensely grateful to her for starting me on my way to recovery. When I ate 80 candy bars in two months while selling them for a fundraiser my junior year of high school, I knew something was terribly wrong with my relationship with food—and after I asked my mom for the money to pay for the candy, she did too. Thank God she sent me to a therapist. It took 15 years, but sure enough, through self-help, talk therapy, and support groups, I am now fully recovered from binge eating disorder, and my mother and I are very close. To me, now, foods aren't good or evil—they're just food. I'm able to eat when I'm hungry and stop when I'm full. I have a healthy appreciation for my body. And now this body is carrying and nourishing another life! My first baby is due August 8.

I know that my mother's focus on appearance and her fears about fat were part of the reason I ended up with an eating disorder—and I want to do things differently for my child. You don't have to play the blame game to recognize the experiences that matter, says Ovidio Bermudez, M.D., medical director of child and adolescent services at the Eating Recovery Center in Denver, "but your children are going to have to deal with this too, so you want to conduct yourself in a way that won't make it worse." So here's what I promise my future son or daughter: I will never critique your shape; I won't demonize any foods; and, if you ever seem to need it, I'll get you professional help—fast.

I can't control the genes I'm passing down to my baby, or what kind of personality he or she will have. But what I and every other parent *can* control is the messages we send to our kids about weight and food. As I recovered from binge eating disorder, I was able to toss many of the passed-down beliefs that did more harm than good, and I'm hoping that what I've learned will help me raise a happier, saner next generation. ®

Sunny Sea Gold is a deputy editor at REDBOOK and the founder of the support site HealthyGirl.org. *Food: The Good Girl's Drug—How to Stop Using Food to Control Your Feelings* is her first book.

"I DIDN'T WANT MY DAUGHTER TO GET FAT AND SUFFER"

The author's mother, Melinda Schnarre, knows that her own hang-ups contributed to her daughter's struggle with an eating disorder. But she also knows how to break the cycle.

When my mother, Ruth, would go out on a date, she'd come to the door of my bedroom decked out in some gorgeous dress to say goodnight, and I would say, "Twirl for me, Mommy!" Man, she was beautiful and larger than life.

I was taught that the only way to be acceptable was to be thin and beautiful—anything else and the world would be void of love. This way of thinking became part of me, as involuntary as breathing. My daughter Sunny was truly a blessing in my life. Her happiness meant everything to me. And part of "happiness" for me, unfortunately, meant being thin. She had a very big appetite—my other children weren't like that, so naturally I taught her about nutrition and diets.

I was afraid that she would suffer rejection and hurt if she were to get fat. I was clueless about eating disorders, and it wasn't until Sunny was about 15 that there was any discussion between us about such things. Before then, I just knew that she was troubled and unhappy. I saw her life spinning out of control and felt utterly helpless;

it was like watching her bleed to death and not being able to help.

That's when I sent her to a counselor.

Sunny and I have worked many years on our relationship, and we now have a very close, healthy connection. And I have learned from her journey about my own unhealthy body image. At age 60, I still have issues: When I thought we might need to have photos taken for this article, my first instinct was to go on a diet. But things are much better than they were. I know what to say to my son's daughters, who are 7 and 10. When one told me recently that she thought she was getting "fat," I reassured her that she was no such thing. Then we spoke seriously about what *overweight* truly means, how it affects your health, and how too much emphasis is put on looks. I explained to her about eating disorders, too. I now know how to be a positive influence in my grandchildren's lives, and I have Sunny, in part, to thank for that.



Three generations: Sunny, Melinda, and two of Melinda's granddaughters.

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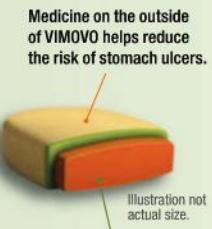
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* In 6-month clinical studies, compared to enteric-coated naproxen.



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Approved Uses for VIMOVO

VIMOVO is approved to relieve the signs and symptoms of osteoarthritis, rheumatoid arthritis, and ankylosing spondylitis, and to decrease the risk of stomach (gastric) ulcers in patients at risk of developing stomach ulcers from treatment with NSAIDs.

VIMOVO is not recommended as a starting treatment for relief of acute pain. Controlled studies do not extend beyond 6 months.

Important Safety Information

Like all medications that contain nonsteroidal anti inflammatory drugs (NSAIDs), VIMOVO may increase the chance of a heart attack or stroke that can lead to death. This chance increases with longer use of NSAID medicines, and in people who have heart disease. NSAID-containing medications, such as VIMOVO, should never be used before or after a type of heart surgery called coronary artery bypass graft (CABG). As with all medications that contain NSAIDs, VIMOVO may increase the chance of stomach and intestinal problems, such as bleeding or an ulcer, which can occur without warning and may cause death. Elderly patients are at greater risk for serious gastrointestinal events.

VIMOVO is not right for everyone, including patients who have had an asthma attack, hives, or other allergic reaction with aspirin or any other NSAID medicine, patients who are allergic to any of the ingredients in VIMOVO, or women in late stages of pregnancy.

Serious allergic reactions, including skin reactions, can occur without warning and can be life-threatening; discontinue use of VIMOVO at the first appearance of a skin rash, or if you develop sudden wheezing; swelling of the lips, tongue or throat; fainting; or problems swallowing. VIMOVO should be used at the lowest dose and for the shortest amount of time as directed by your health care provider.

Tell your health care provider right away if you develop signs of active bleeding from any source.

VIMOVO can lead to onset of new hypertension or worsening of existing high blood pressure, either of which may contribute to an increased risk of a heart attack or stroke.

Speak with your health care provider before starting VIMOVO if you

- Have a history of ulcers or bleeding in the stomach or intestines
- Have heart problems, high blood pressure, or are taking high blood pressure medications
- Have kidney or liver problems

Review all the medications, even over-the-counter medications, you are taking with your health care provider before starting VIMOVO.

Talk to your health care provider about your risk for bone fractures if you take VIMOVO for a long period of time.

The most common side effects of VIMOVO include: inflammation of the lining of the stomach, indigestion, diarrhea, stomach ulcers, abdominal pain, and nausea.

For further information on VIMOVO, please see the brief summary of full Prescribing Information, including Boxed Warnings on adjacent pages.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

If you're without prescription coverage and can't afford your medication, AstraZeneca may be able to help. For more information, please visit www.astrazeneca-us.com

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IMPORTANT INFORMATION ABOUT VIMOVO

Please read this summary carefully. It does not take the place of discussions with your doctor about the full Prescribing Information for VIMOVO and whether this drug is right for you.

WHAT IS THE MOST IMPORTANT INFORMATION I SHOULD KNOW ABOUT VIMOVO?

VIMOVO, which contains naproxen [a nonsteroidal anti-inflammatory drug (NSAID)] and esomeprazole magnesium [a proton pump inhibitor (PPI)], may increase the chance of a heart attack or stroke that can lead to death. This chance increases

- with longer use of NSAID medicines
- in people who have heart disease
- NSAID medicines should never be used right before or after a heart surgery called a coronary artery bypass graft (CABG).**

NSAID medicines can cause ulcers and bleeding in the stomach and intestines at any time during treatment. Ulcers and bleeding

- can happen without warning symptoms
- may cause death

The chance of a person getting an ulcer or bleeding increases with

- taking medicines called steroid hormones and blood thinners
- longer use
- smoking
- drinking alcohol
- older age
- having poor health

NSAID medicines should only be used

- exactly as prescribed
- at the lowest dose possible for your treatment
- for the shortest time needed

WHAT ARE THE POSSIBLE SIDE EFFECTS OF NSAIDS?

Serious side effects include

- heart attack
- stroke
- high blood pressure
- heart failure from body swelling (fluid retention)
- kidney problems including kidney failure
- bleeding and ulcers in the stomach and intestine
- low red blood cells (anemia)
- life-threatening skin reactions
- life-threatening allergic reactions
- liver problems including liver failure
- asthma attacks in people who have asthma

Other side effects include

- stomach pain
- constipation
- diarrhea
- gas
- heartburn
- nausea
- vomiting
- dizziness

Get emergency help right away if you have any of the following symptoms

- shortness of breath or trouble breathing

• chest pain
• weakness in one part or side of your body
• slurred speech
• swelling of the face or throat

Stop your NSAID medicine and call your health care provider right away if you have any of the following symptoms

- nausea
- more tired or weaker than usual
- itching
- your skin or eyes look yellow
- stomach pain
- flu-like symptoms
- vomit blood
- there is blood in your bowel movement or it is black and sticky like tar
- skin rash or blisters with fever
- unusual weight gain
- swelling of the arms and legs, hands and feet

These are not all the possible side effects with NSAIDs.

WHAT IS VIMOVO?

VIMOVO is a prescription medicine used to

- relieve signs and symptoms of osteoarthritis, rheumatoid arthritis, and ankylosing spondylitis
- decrease the risk of developing stomach (gastric) ulcers in people who are at risk of developing gastric ulcers with NSAIDs

It is not known if VIMOVO is safe or effective in children under the age of 18.

WHO SHOULD NOT TAKE VIMOVO?

Do not take VIMOVO

- If you had an asthma attack, hives, or other allergic reaction after taking aspirin or other NSAID medicine
- If you are allergic to any of the ingredients in VIMOVO
- If you are allergic to any other PPI medicine
- For pain right before or after heart bypass surgery
- If you are in the third trimester of pregnancy

WHAT SHOULD I TELL MY HEALTH CARE PROVIDER BEFORE TAKING VIMOVO?

Before you take VIMOVO, tell your health care provider about all your medical conditions and all the medicines you take, including prescription and non-prescription, vitamins, and herbal supplements. Talk to your health care provider before taking any other NSAID-containing products.

- Using VIMOVO with other medicines can cause serious side effects
- Talk to your health care provider if you are pregnant or breast-feeding.
- NSAID medicine should not be used by pregnant women late in their pregnancy**

HOW SHOULD I TAKE VIMOVO?

- Take VIMOVO at least 30 minutes before a meal
- Swallow VIMOVO tablets whole with liquid. Do not split, chew, crush, or dissolve the VIMOVO tablet
- You may use antacids while taking VIMOVO
- Do not change your dose or stop VIMOVO without first talking to your health care provider
- If you forget to take a dose of VIMOVO, take it as soon as you remember. If it is almost time for your next dose, do not take the missed dose. Take the next dose on time. Do not take 2 doses at one time to make up for a missed dose
- If you take too much VIMOVO, tell your health care provider, go to the closest hospital emergency room right away, or call your Poison Control Center at 1-800-222-1222

- Active bleeding
- Serious allergic reactions
- Serious skin reactions
- Liver problems
- Bone fracture

Tell your health care provider or get emergency help right away if you have any of the following symptoms

- chest pain, weakness, or slurred speech
- trouble breathing or wheezing
- swelling of face, throat, or body
- severe skin blisters or peeling
- blood in your bowel movement or it is black and sticky like tar
- yellowing of skin or eyes

The most common side effects of VIMOVO include

- inflammation of the lining of the stomach
- indigestion
- diarrhea
- stomach ulcers
- stomach pain
- nausea

These are not all the possible side effects of VIMOVO. Call your health care provider for medical advice about side effects.

You may report side effects to the FDA at 1-800-FDA-1088.

WHAT ARE THE POSSIBLE SIDE EFFECTS OF VIMOVO?

Serious side effects may include

- High blood pressure
- Heart problems such as congestive heart failure, heart attack, or stroke

OTHER INFORMATION ABOUT NONSTEROIDAL ANTI-INFLAMMATORY DRUGS (NSAIDS)

- Aspirin is an NSAID medicine but it does not increase the chance of a heart attack. Aspirin can cause bleeding in the brain, stomach, and intestines. Aspirin can also cause ulcers in the stomach and intestines
- Some of these NSAID medicines are sold in lower doses without a prescription (over-the-counter). Talk to your health care provider before using over-the-counter NSAIDs for more than 10 days

NSAID medicines that need a prescription

Generic Name	Trade Name
Celecoxib	Celebrex
Diclofenac	Cataflam, Voltaren, Arthrotec (combined with misoprostol)
Diflunisal	Dolobid
Etodolac	Lodine, Lodine XL
Fenoprofen	Nalfon, Nalfon 200
Flurbiprofen	Ansaid
Ibuprofen	Motrin, Tab-Profen, Vicoprofen* (combined with hydrocodone), Combunox (combined with oxycodone)
Indometacin	Indocin, Indocin SR, Indo-Lemmon, Indomethagan
Ketoprofen	Oruvail
Ketorolac	Toradol
Mefenamic Acid	Ponstel
Meloxicam	Mobic
Nabumetone	Relafen
Naproxen	Naprosyn, Anaprox, Anaprox DS, EC-Naproxyn, Naprelan, VIMOVO
Oxaprozin	Daypro
Piroxicam	Feldene
Sulindac	Clinoril
Tolmetin	Tolectin, Tolectin DS, Tolectin 600

*Vicoprofen contains the same dose of ibuprofen as over-the-counter (OTC) NSAIDs, and is usually used for less than 10 days to treat pain. The OTC NSAID label warns that long-term continuous use may increase the risk of heart attack or stroke.

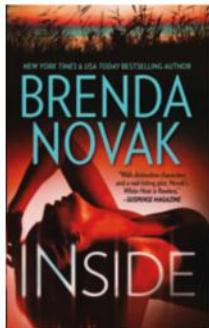
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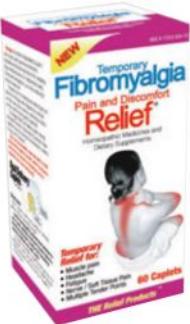


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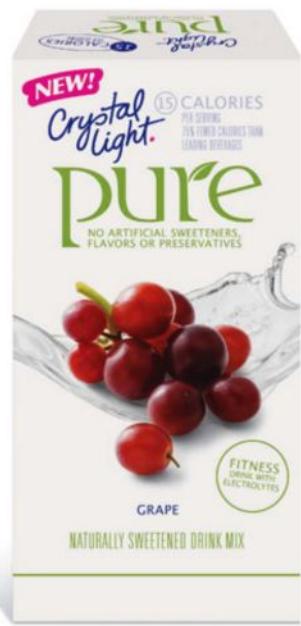


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MEN, LOVE & FAMILY

HONEST TALK ABOUT RELATIONSHIPS



GAIL ALBERT HALABAN. COUPLES, FROM TOP: PHOTOGRAPHED BY BRIAN KENNEDY, COURTESY OF SUBJECTS (2).

TELL THE TRUTH:

Who does
more—you
or him?

Whose turn is it
to get Supercutie
off the counter?

"Probably me. I'm Southern, so I have preconceived notions that women should do all the cleaning—but I'm learning that it's not supposed to be that way!"

—NATHAN GRIFFIN, 29, married to LAILA for 1 year



"We're split. I love to cook and he likes to clean. Paul is serious with cleaning: When he does the dishes, he also cleans the cabinets, the stove, and the refrigerator."

—JOCELYN DORSEY, 43, married to PAUL for 16 years



"He definitely does! He takes care of dinner, dishes, and laundry. I tried to get him to stop, but he is happiest when he is taking care of us."

—KIMBERLEY CHRISTINA-WILSON, 45, married to JEFF for 15 years



"I'd say me. He does the fix-up, I do the cleanup. He recently remodeled our home himself—but I can't remember the last time he cleaned a toilet!"

—DAWN GOULD, 40, dating TED for 4 years



Sex life road test

SEND A SEXY SIGNAL

In the new book *Forty Beads*, author Carolyn Evans describes how she gave her husband a sack of little red beads and agreed that each time he put one on her nightstand, they'd have sex within 24 hours. She swears it revamped their sex life. We wondered, *Why does the guy get all the bead power?* But readers tried it and liked it.

Couple #1: L.M. and H.M., Arroyo Grande, CA

"We've been married for 17 years, and our sex life was in a bit of a rut. When I told my husband about the bead game, his response was, 'Are you sure? You know I'm going to bead you every day.' Then he promptly walked over to the bed and dropped off a bead. We actually had great sex that night—and many nights after that! The beads were much better at getting me in the mood than the usual 'So do you want to have sex tonight?' after a long day. I don't have a high sex drive, but seeing the bead gave me time to prepare myself, and just thinking about sex more was such a turn-on. We both felt that this brought us closer and added a spark that had been missing. Next time, I get to leave the beads for him!"

Passion factor: Smoking 🔥🔥

Couple #2: D.B. and L.B., Houston

"We went from having sex once a week to at least three times a week. That's a big deal for us! When I found a bead, it made me plan my day to ensure that I would have enough time and energy to devote to us that night. The best part: My husband was nicer, more romantic, and more helpful—one day, I came home to see him cleaning the bathroom. So, yeah, we won't stop beading anytime soon."

Passion factor: Smoking 🔥🔥



Happiness secrets for imperfect couples

We weren't exactly blown away by the recent findings of the National Marriage Project at the University of Virginia, which said your odds of staying together are best if your parents are still married, you wait to have kids until after you tie the knot, believe in God, make at least \$60,000 a year, and have a college degree. So the Huxtables are safe, but what about the rest of us? We found out why these things matter, and how *any* pair can make it to their 50th anniversary.

Build a support team. "Couples with married parents or who are part of a religious community have support systems that encourage them to work issues out," says Laurie Puhn, author of *Fight Less, Love More*. But you can create a similar network by surrounding yourselves with happily married couples. "Friends can have just as strong an influence as family or a religious group," she says.

Study up. "Couples who marry before having children learn how to deal with obstacles before the added stress of parenthood sets in," Puhn says. The key to staying together pre- and post-kids? "Learn skills for when things get tough by going to therapy, reading books, or attending relationship classes," says Harville Hendrix, Ph.D., author of *Getting the Love You Want*. "I've seen struggling couples become happy partners just by learning the healthiest ways to cope."

Talk money. Financial fights are one of the biggest causes of marital strife, says REDBOOK's money expert, Beth Kobliner, "so it makes sense that people who earn a comfortable living may have it easier." But you *can* nip arguments in the bud no matter what your bottom line: "Plan monthly money talks to go over concerns and goals to keep your finances, and your relationship, strong." —NICOLE YORIO

WHAT DID YOU GIVE UP TO GAIN A HUSBAND?

Of course he's worth it, but still...

"I lost my 1 a.m. shopping sprees. I used to go to the 24-hour Walmart in the middle of the night."

—BARBARA MANCINO, 47, HENDERSON, NV

"I lost sleep! My husband tosses and turns all night. Well, truthfully, I lost sleep for a fun reason too, but I'm not complaining about that!"

—B. BAKER, 29, SAN ANTONIO

"My closet! He has three times the clothes I do." —CHRISTY CAREY GREAGOR, 39, BANKS, OR

"My skinny jeans. My husband's cooking is too good!" —VAL BECK, 29, HOLBROOK, NY

"I lost my dream of the perfect man. I married an imperfect one, and it's a blessing! What I thought I wanted in a man was unrealistic. What I actually got was a friend and partner."

—TULA SMITH, 63, GRANITE FALLS, NC





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♥ DEAREST WIFE, I SWEAR...

...never to use sports terms for sex, including but not limited to "hat trick."

...to tell you after I use one of your magazines to kill something.

...that, unlike some husbands, I will participate in choosing new paint colors for our home. To your selections of Whipped Papaya, Cerise, and Gamboge, I say, *absolutely*.

...to clip my toenails before they turn into 10 little razor blades, just waiting for you. Just waiting.

...to spontaneously hold your hand more often.

Even if I just washed mine and you're a little sniffly.

♥ DARLING HUSBAND, I SWEAR...

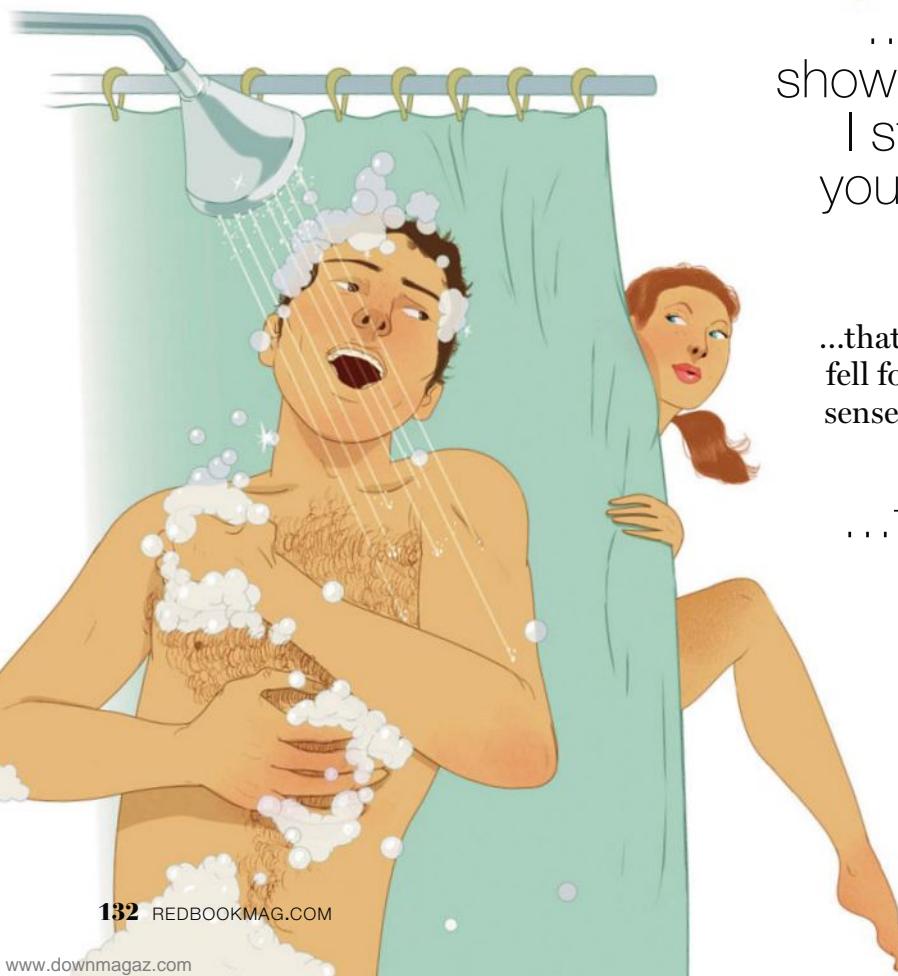
...to surprise you in the shower—and not like when I started the washer and you nearly froze to death.

...to nag the kids less, so you get a chance to more often!

...that I still see you as the cool guy I first fell for, with the hot tush and the wicked sense of humor (but, thankfully, without the crazy sideburns).

...to no longer invoke the "su toothbrush es mi toothbrush" rule when we're traveling.

...that despite how funny I find your grossed-out face, I will stop saying "Honey, look!" every time the Mucinex commercial comes on.





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The real deal about sex after kids

Ah, the post-baby sex life—rumors of its death have been greatly exaggerated, finds writer Amy Sohn. That said, a temporary tailspin is to be expected. Read her 100-percent honest report.

What do you plan to do for birth control?" my midwife asked. It was my six-week postpartum checkup, and she had just pronounced that it was safe for me to have sex.

"Birth control?" I said, like she was speaking a foreign language. I was hormonal and emotionally fragile after a difficult birth, and now I was nursing a newborn. I was thinking about having sex again the same way I was planning to lose my baby weight—sometime in the future, but certainly not right now. "There's a pill that's safe to take when you're breast-feeding," she told me, and scribbled down the name. I stuck it in my wallet, just like I once took guys' numbers knowing I'd never call.

In part because I felt like we were *supposed* to get back in the saddle, my husband and I tried having sex a few days later (with a condom). Even though I'd had a C-section, intercourse was surprisingly painful and, despite the two glasses of mood-setting chardonnay I drank beforehand, not at all romantic. After 15 minutes we decided to give up, and it was another few weeks before I was ready to go all the way again. Parenthood (which is, uh, caused by sex) often leads to a sexual drought that seems strangely taboo for women to talk about. Pain, lack of desire... I've noticed that friends clam up about it all, even after being totally open about every TMI detail of pregnancy. No one has written *What to Expect When You're No Longer Expecting*

But Your Husband Expects to Have Sex and the Sex Isn't What You Were Expecting. Yet we're all familiar with some of the reasons babies make sex a challenge: the exhaustion, the limited time, the stress. Plus, kids have a way of taking over every space they're in. It's hard to get in the mood when I roll over in bed onto a ZhuZhu Pet.

Sex did get better for my husband and me, bit by bit, and I was relieved to find that the pain was temporary. We did it during our daughter's afternoon naps at first, blessed with a good sleeper. When she dropped the nap, we would sneak in ultra-quickies while she played happily down the hall. (My husband and I are self-employed, which helped.) The biggest change over the past five years—our daughter is in kindergarten now—is that sex is almost always planned. I used to be bothered by that until I realized that these "dates" ensure that our sex life keeps going.

But that's just my experience. What about everyone else? I wanted to break this silly taboo, get people talking, and find out how other couples deal with the challenges of sex after parenthood. (And, okay, I was also a little curious to see how my husband and I measure up.)

FOR LOTS OF US, sex starts to change before the babies are even born. Sandra*, 42, had no interest in sex while she was carrying her second child. Well, not with her husband, anyway. "I only wanted to have sex with myself," she says. ▶

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"It was usually during the day when he wasn't around. It was a lot less labor-intensive not having to deal with another person, and there wasn't much room for a penis in my vagina since my uterus and cervix seemed to take up every inch in there."

For Steve Shubin and his wife, sex wasn't even an option: She had a high-risk pregnancy, and her obstetrician told them no intercourse for the whole nine months. So, to get him through, Steve decided to design—he's an ex-cop, not an engineer—a toy that would simulate sex. "My wife was supportive," he recalls. "Her only condition was that I get rid of it when she was able to have sex regularly again." So he created the Fleshlight—which, if you want to imagine it, looks like a flashlight filled with a skin-like material. It has since generated \$200 million in sales. (Nice little college fund, Steve!)

While some pregnant women's libidos crash, other moms told me they reveled in their new ultra-womanly bodies: "Being pregnant and watching my body go through those changes made me feel more feminine," says Robin, a 44-year-old mother of three. "My husband was also excited by my pregnant and post-pregnant body. We felt more in love with each other."

WHETHER YOUR

PREGNANCY is a sexually charged joyride or more like a nauseating trip in the back of a taxi, delivery *will* present a speed bump. For so many men, it's the first time they really understand that, *OMG, sex makes a baby*—and that baby comes out of your vagina. It doesn't help to take in visuals that include crowning and a placenta plopping onto a tray. David, 45, has four sons and in all deliveries was adamant about "staying by the head"—meaning his wife's: "There was blood, screams, and then a baby was issuing from an area I had previously associated only with fun. Why would I want a closer look? As Nietzsche once said, 'If you stare long into the abyss, the abyss will also stare into you.'" Other men truly don't mind birth or manage to forget what they saw. "I'm not into blood," says Bobby, 49, a father of two girls. "So I watched the baby come out and then turned away." As for what sex was like after the birth of his first daughter, Bobby recalls, "At first, my wife was uncomfortable, but it didn't feel different for us after that. I was worried she would be bigger 'in there,' but she wasn't. And even though I had seen her vagina act in a different way than I was used to, it didn't make me want sex with her any less."



"**Nobody ever told me that postpartum sex could be so uncomfortable—even painful—the first time.**"

Seeing that baby emerge can also mean the end of a long, hard road for couples who struggled to conceive. Catherine, 47, and her husband tried to get pregnant for five years, having sex every two days to maximize the chances of conception. After their daughter was finally born, their sex life improved dramatically. "There was no more pressure," Catherine says. "It was just pleasure for itself." Suddenly, getting it on was fun again, and Catherine and her husband started treating themselves to Veuve Clicquot champagne—her pre-pregnancy favorite—to set the mood. "He also bought me some racy lingerie and sex toys," she says. "It was entirely different than before. We got a second sex life."

AFTER THE HOSPITAL,

couples come home to what *was* a cozy bed made for snuggling and sex and is now a zone for bodily fluids and sleeplessness. For us moms, it's also the time we're hit with the reality of our new roles—stretch marks, nursing bras, and spit-up on every surface. Karina, 40, a mother of two boys, 5 and 8, had zero interest in sex when her firstborn was an infant. "For six months, whenever my husband put the moves on me, I'd say, 'What the hell are you doing?' I never understood how women accidentally got pregnant right after having a child, because I didn't get how they could let a man touch them."

Another problem is that lactation can decrease arousal. The hormone prolactin, necessary for milk production, lowers sex drive, as does progesterone, which nursing moms have in spades. "When I was breastfeeding, I didn't feel sexy," says Emily, 44. "I felt so out of control of my body."

But her attitude toward sex was "use it or lose it," so Emily decided to give herself a test-drive before she included her husband. It didn't go well. "The first time I masturbated after pregnancy, I peed. I thought, *That's romantic.*"

My own experience wasn't as dire. For me, a good sex life was a sign that I was still myself. So until I was up for more, I gave my husband oral sex. The ability to make him feel good made me feel good too. I wanted that closeness with him even more after going through the bonding experience of birth together.

The fact is, even if your libido bounces back to normal right away after childbirth, there's no guarantee that your body will be ready. I feel like nobody ever told me that postpartum sex

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could be so uncomfortable—even downright painful—the first few times. Nicola Kraus, 36, coauthor of *The Nanny Diaries* and mother of a 1-year-old girl, waited three months to have sex after giving birth because she shattered her pelvis during delivery. When she was healed and ready to try, it took several attempts before the pain subsided and she could orgasm. “It was a huge victory!” she says. “There was an urgency to our lovemaking after we had a baby, because we were both trying to prove that this part of our lives would survive becoming parents.”

Hilda Hutcherson, M.D., an ob/gyn and mom of four, was helped by the fact that she knew what to expect after her first child. “I was still nervous, and it hurt,” she says. “But gradually, things improved, and that helped after I had my other kids, because I knew sex would eventually feel good again.” Now she tells her patients not to worry if sex is painful, even after the doctor-prescribed six weeks off. “It can take up to a year to feel normal if there’s scarring,” she says. It’s also possible that the pain is due to a shift in hormone levels. “Your estrogen is lower, causing vaginal dryness,” she explains. “A lubricant can help. I prefer a silicone-based lube because it lasts and you don’t have to keep applying it during sex.” And if you’re worried about feeling “loose” down there, stop: The vagina snaps back to shape as soon as the body heals from delivery, Hutcherson says (although doing some Kegels doesn’t hurt).

I REMEMBER A COUPLE OF TURNING POINTS IN MY POST-BABY SEX LIFE. After doing it half a dozen times, sex stopped hurting. I wasn’t broken; it could get better. I knew from then on that our sex life was going to be just fine. Then, when my daughter stopped nursing at around 15 months, and I had lost all my baby weight and my period came back—I felt ready to tend to my own needs again.

Even though the infant months include the most grueling, exhausting, I-haven’t-showered-in-three-days moments of your life, they do have their advantages. Little babies nap a lot, providing ample opportunity for midday romps on weekends. Rebecca, 42, the mother of two girls, would sneak out to the barn her husband used as a work studio to “say hi” while her daughter napped in the

house. One thing would lead to another. “We had the baby monitor with us,” she says. “It was the summer, so we kept the barn doors open. The people who owned the surrounding property are part of a conservative religious community, and I used to joke, ‘All we need is for the neighbors to walk by when I’m going down on you.’”

It makes sense that sex helps couples reconnect, but let’s face it: Sex also takes energy, which can be hard to muster. “It’s counter-intuitive that sex instead of sleep is what you should do,” Nicola says. “But it’s the only thing that will reboot the computer. Otherwise I feel like I’m in a reality show about sleep deprivation and I forget that the person with me is my soul mate. There are times we’re tired and it doesn’t make sense to have sex, but we do it anyway, knowing we’ll feel connected afterward.”

Speaking of making the time to have sex: How often is “normal” or “enough”? Sex therapist Ian Kerner, author of *She Comes First* and the father of two boys, had in the past advised couples to have sex as often as it felt right. But lately, after seeing more couples in a sex rut, he is more definitive: “I now advise couples to try to have sex at least once a week—even if they have a baby. Parents need to be selfish about their relationship. Happy children have happy parents, and happy parents are connected and loving.”

Kay, 33, is a mom of three girls (6, 4, and 2) and says that she and her husband manage to make love three or four times a week. How? By taking opportunities as they arise. “We’ve even had a quickie in our bedroom while we had friends visiting and unknowingly watching our kids for us two floors down.”

Some friends of mine like to occasionally get a sitter or relative to care for the kids and sneak off to a hotel, as much for the ability to sleep late as to get it on. There’s something to it—an escape from their roles as parents, the freedom not to make the bed, the sudden ability to just take care of themselves for a moment.

At the end of the day, there’s no one trick that magically makes sex normal again after having kids (although the hotel idea sounds pretty magical). And yeah, things might get worse before they get better. But the moral of this story is: Don’t panic. Having a baby changes your sex life, but it will bounce back. Knowing that is enough to make any parent feel better. I know I do. ®

Bethenny after baby: “Sex still isn’t the same”

It’s been almost a year since the star of *Bethenny Ever After* gave birth to her daughter, Bryn. But getting her prebaby sex life back is a work in progress.

Ask Bethenny Frankel about what sex is really like the first time after giving birth and she doesn’t sugarcoat it: “It was like sticking my foot in a pool of cold water,” she says. “I could have gone on forever not having sex. It wasn’t a personal thing toward my husband—I think Jason’s the sexiest man alive. But it was kind of nice to be like, ‘Nope, store’s closed.’” Even though she delivered via C-section, Bethenny says that sex was painful at first. “It doesn’t matter where the baby comes out; they

still cut stuff,” she says. And for her, the biggest initial discomfort came from vaginal dryness. “It was kind of like being a virgin,” Bethenny says. “We had to tread lightly.” Now, as parents, Bethenny admits that she and Jason have to work harder at setting the mood. “If it’s date night, I’m putting on lingerie and we’re having sex,” she says. “If it’s the weekend and our schedules aren’t crazy, we’re having sex. But the fact that I’m even using the term ‘date night’ shows how different things are now.” Bethenny tries not to turn Jason

down, though. “I don’t say no,” she says, channeling the message of her new book, *A Place of Yes*. And perhaps with good reason: The two of them may just be making room for another baby. “We throw caution to the wind and use the withdrawal method now,” she says. “If we got pregnant again, we’d be happy.”



Cutting class with Joel McHale

Our favorite delinquent on NBC's *Community* gives us the update on life with the wife and kids.



Busy guy:
Joel is also
host of E!'s
The Soup.

JOEL AT A GLANCE

His current obsession:



SPORTS CARS

"It's that 'what separates men and boys is the size of their toys' thing."

His splurge:



WINE

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Show he loves:



SPARTACUS: BLOOD AND SAND

"Lucy Lawless is so good."

On *Community*, your character is definitely a bit of a player. What's the worst pickup line you ever used?

I've never used a pickup line in my life.

So your pickup line was not having one. That's why I didn't pick up any women.

But you got a wife eventually....

I called her friend and asked if I could ask her out. She was like, "I'll ask, but fat chance, buddy." But my wife took the chance. I'm sure she was like, "There's no one else around, so I might as well."

You've got two boys, and you told Conan O'Brien all about your older son Eddie's smooth moves with the ladies. Is he still exercising his charms?

Oh, yeah, he's into the ladies, and he has his favorites, no doubt. He's not making moves on the older ladies like he used to, though, now that he's 6 and has girls around him at school. He wears an ascot to school. And slippers. He's very Hef in appearance.

What's one of the hardest questions your boys has ever thrown your way?

Here's a goofy one: Eddie was like, "Do you know how high I can count?" And I said, "No." He goes, "I can count until you're dead." "How high is that?" "1,100." I was like, "Start counting. I'm going to go make arrangements."

You've described your wife as a supermom.

Can you tell me about one of her supermom powers?

She still wants to be intimate with me [*laughs*]. No, she just thinks of things I never do. If I were taking care of the kids, they'd be running around in potato sacks. People would ask, "Do your kids brush their teeth?" I'd be like, "Yeah, every year." So she's brilliant, and she's beautiful.

How does she deal with all the testosterone in the house?

Oh, she's able to squash it in a heartbeat. The rolling of the eyes stops anyone in their tracks.

You went shirtless in several episodes of *Community*—and your fans went crazy. So how does it feel to be a sex symbol?

Every morning I wake up and declare it to the world: "Hey, everybody, great news!" But on the grand spectrum of sex symbols, all you have to do is stand me next to a couple of the good-looking guys and you're like, "I see."

I think there are people who'd beg to differ. Well, bless those people.

But don't you want to be loved for more than just your pecs?

Oh, no. That was my goal. I just want people to love my pecs and I'm very happy.

—HOLLY HAYS

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Becoming a mom improved my wife!

Not that she wasn't awesome before, but since having kids, Aaron Traister's wife has been way more fun to be around. Here, Aaron and friends offer a heartfelt husband tribute.



Redbook columnist Aaron Traister lives in Philadelphia with his wife and two kids. Read his blog at redbookmag.com/aaron.

In honor of Mother's Day, I'd like to celebrate the profound and positive effects having children has had on my wife, and, by extension, our marriage—as opposed to my typical rants about their effects on our nerves and alone time. This is how the kids have transformed Karel into a happier human being and spouse, the kind of human being and spouse who won't get upset if I happen to forget to serve her breakfast in bed on Mother's Day.

1. She learned to fight fair. Early in our marriage, when Karel and I fought, we had blowouts—wall-rattling, silverware-throwing (for effect, not actually at each other), skunk-ape battles. We said horrible things and used horrible words. It was bad. The first time we had a fight like that after the arrival of our son, Noah, we realized that we had to learn how to settle our differences like humans, because we didn't want to scare or confuse the baby. Karel has learned to walk away when we're going in circles and not to say anything if she doesn't have anything nice to say. She's also learned a new word, and that word is *sorry*. I, too, have learned those tricks and mastered that magical word, which really does make everything better. My friend Frank had the same experience:

"My wife used to flip out, but now she's weirdly mellow, even when she's mad," he told me. "I think it's a maternal instinct to be calm and in control when the kids are around." P.S. As we were discussing this part of the article, Karel and I started to argue. I claimed credit for de-escalating tensions, while she held firm that she negotiated our pact of nonaggression. So, in the interest of keeping the peace, I will declare that Karel led by example and ushered us into an unprecedented age of stability and thoughtful conflict resolution after the birth of our children. (But you should know that it was mostly my example that made everything better—Karel would still suck at fighting if it weren't for me.)

2. She started power-nesting. This seems to be a nearly universal phenomenon, based on all the stories my friends have told me about wives who morph into holiday cookie bakers, home decorators, and type A organizers after having kids. "I saw no evidence of my wife being crafty before the kids came—when I met her, she had been knitting the same *ugly* scarf for almost a decade. But now I am very impressed with her abilities," said one friend, whose wife handmakes all their children's Halloween costumes. Karel is the same way, but about cooking. Before kids, we ordered in or went out every night. But since we realized that if we fed our offspring the junk we were eating they'd wind up on *Maury*, Karel has become quite the healthy-cuisine chef. Aside from the occasional vegan disaster, she now commands the kitchen the same way Yoda wields the Force—and that, along with all the other ways she makes our home feel

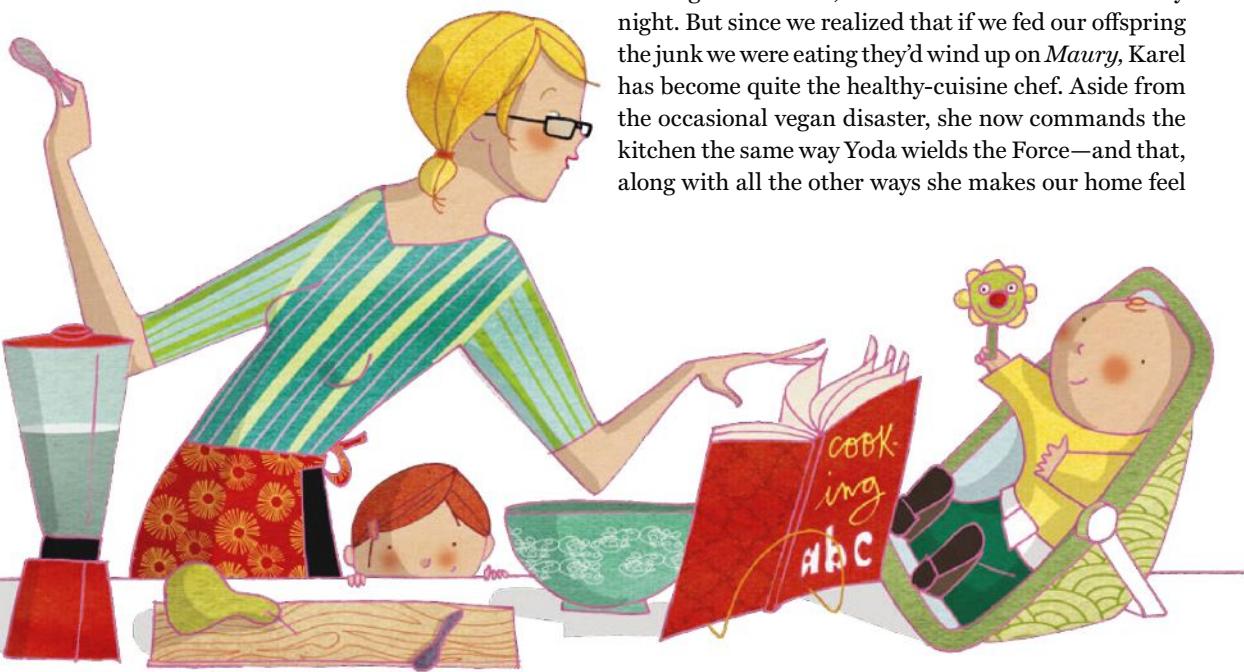


ILLUSTRATION BY NATHALIE DION. TRAISTER: COURTESY OF SUBJECT.

so homey, has this Jedi feeling like he has the strength and support to take on the entire Galactic Empire. (Yes, I did watch *Star Wars* last night.)

3. She gives me “me” time. My buddy Shane, a semiprofessional skateboarder who's going back to school to become a teacher, says that since the arrival of his son, his wife has been much more supportive of his getting out of the house and having free time. When he's not at school, Shane stays at home taking care of his son, and the combination doesn't leave much time for mental-health moments. Shane says his wife used to get frustrated when he wanted to skate or hit the bar with friends, but “now she has to put my board in my hand and kick me out of the house to go shred.” Karel, who works full-time and gets how important it is to bust free sometimes, does the same thing (as do I for her), but instead of telling me to “go shred,” she tells me to “go away.” But it's a very loving “go away.”

4. She's turned into Mrs. Softee. This probably isn't surprising to anyone who regularly reads this column, but I'm the sensitive one in the relationship. I'm not talking about crying and hugging my pillow at the end of a bad day (I save that for

birthdays that end in zero); I'm just, you know, in touch with my feelings and junk. Anyway, Karel has always been more guarded and less quick to dole out a compliment or say “I love you.” But having kids gets you in touch with your softer side very quickly. Now Karel hugs more, cries (which I guess is a good thing?), and uses the “L” word. She stashes chocolate hearts around the house so that when I get an urge, she can bust out a little love in cocoa form. It's true: My former tough cookie of a wife regularly lets

her guard down and admits how much she needs us, which makes life sweeter all around.

Now Karel
hugs more,
cries (which
I guess is a
good thing?),
and uses the
“L” word.

better and for worse. She understands that some of his more bizarre qualities are totally out of his control and very much dictated by gender and genetics. After a few short years with our kids, I feel the exact same way. Karel sees so much in Noah and Josie that comes from me, from Josie's crazy scary monster laugh and shocking appetite to Noah's love of fart jokes. She now embraces the fact that when it comes to our family, some things ain't learned, they're just pure Traister. ®

Straight answer from the Whys Guy

Dear Whys Guy: Why do men feel the need to buy a motorcycle? I'm dating slightly older guys, and they all seem compelled to have one. I would be more impressed with a sizable bank account. —Kimberly, AZ

Dear Kimberly: I personally have never had an interest in riding a hog (only in eating them), but, I admit, with every strand of my glorious black hair I find clogging the shower drain, with every back pain I suffer and every school musical I attend, the idea of getting my motor running and heading out on the highway seems more and more reasonable. So to answer your question: “Older guys” get motorcycles because they don't want to be referred to as “older guys.” If it's any consolation, this older guy can't even afford a motorbike, so maybe the older guys you're dating have both a midlife crisis and a sizable bank account going on.

Need help decoding male behavior? Email your questions to redbook@hearst.com (subject: Whys Guy). Letters may be edited for clarity and length.

Get one month of SYMBICORT FREE!

This is a limited-time offer, so if your doctor decides SYMBICORT is right for you, take your prescription along with this voucher to your pharmacist. It's that easy!

FOR THE PHARMACIST:

For reimbursement, please submit to **Patient Choice**. The information below should be used when submitting for reimbursement. For questions, please call the Help Desk at 1-800-422-5604.

pskw Emdeon Patient Choice
BIN# 004682 GRP# EV57003027
PCN# CN ID# 412477576418

OFFER EXPIRES: 12/31/2011.

**For new SYMBICORT patients only.
Not valid on refills.**

*Subject to eligibility rules. Restrictions apply.

Patient Instructions: Present this free trial offer to your pharmacist, along with a valid prescription to receive a free 30-day supply (1 inhaler) of SYMBICORT.

Eligibility: This offer is good for eligible patients who have commercial insurance, pay cash, or participate in government programs (eg, Medicare, Medicaid, TRICARE, or other federal or state government programs). This offer is also good for eligible patients who reside in Massachusetts. This offer may not be used for any other product. This offer may not be combined with any other free trial, coupon, discount, prescription savings card, or other offer. Valid only at retail pharmacies; no mail order. No claim for payment can be made to ANY third-party payer for product dispensed pursuant to this offer. Not valid if reproduced. Prescriber ID# required on prescription. Void where prohibited by law, taxed, or restricted. This offer is valid only for product manufactured for AstraZeneca Pharmaceuticals, LP and lawfully purchased from an authorized retailer or distributor in the United States. This offer may be changed or discontinued at any time without notice. One free trial offer per person. The prescription must be new, refills are not eligible. If you have any questions regarding this offer, please call 1-800-236-9933.

Please see Important Safety Information on the following pages, and discuss with your doctor.

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Symbicort
(budesonide/formoterol fumarate dihydrate)
Inhalation Aerosol

IS YOUR ASTHMA WELL CONTROLLED?

Take this Asthma Control Test™ (ACT) and discuss the result with your doctor.

Fill in the circle that best describes your answer to each question. For your total score, add up the point values of your responses to all 5 questions. If your score is 19 or below, your asthma may not be well controlled. Talk to your healthcare professional about your asthma score. All questions refer to the past 4 weeks. While this assessment is not a substitute for a healthcare professional's judgment, diagnosis, or advice, it is a private tool to help you and your doctor determine your level of asthma control and the impact asthma has on you.

How much of the time did your asthma keep you from getting as much done at work, school or at home?	How often have you used your rescue inhaler or nebulizer medication (such as albuterol)?	How often did your asthma symptoms (wheezing, coughing, shortness of breath, chest tightness or pain) wake you up at night or earlier than usual in the morning?
<input type="radio"/> All of the time (1 pt)	<input type="radio"/> 3 or more times per day (1 pt)	<input type="radio"/> 4 or more nights a week (1 pt)
<input type="radio"/> Most of the time (2 pt)	<input type="radio"/> 1 or 2 times per day (2 pt)	<input type="radio"/> 2 or 3 nights a week (2 pt)
<input type="radio"/> Some of the time (3 pt)	<input type="radio"/> 2 or 3 times per week (3 pt)	<input type="radio"/> Once a week (3 pt)
<input type="radio"/> A little of the time (4 pt)	<input type="radio"/> Once a week or less (4 pt)	<input type="radio"/> Once or twice (4 pt)
<input type="radio"/> None of the time (5 pt)	<input type="radio"/> Not at all (5 pt)	<input type="radio"/> Not at all (5 pt)
How often have you had shortness of breath?	How would you rate your asthma control?	
<input type="radio"/> More than once a day (1 pt)	<input type="radio"/> Not controlled at all (1 pt)	TOTAL SCORE:
<input type="radio"/> Once a day (2 pt)	<input type="radio"/> Poorly controlled (2 pt)	
<input type="radio"/> 3 to 6 times a week (3 pt)	<input type="radio"/> Somewhat controlled (3 pt)	
<input type="radio"/> Once or twice a week (4 pt)	<input type="radio"/> Well controlled (4 pt)	
<input type="radio"/> Not at all (5 pt)	<input type="radio"/> Completely controlled (5 pt)	

Asthma Control Test™ copyright, QualityMetric Incorporated 2002, 2004. All rights reserved. Asthma Control Test is a trademark of QualityMetric Incorporated.

For patients 12 years and older whose asthma is not well controlled on a long-term asthma medicine, or when disease severity warrants

SYMBICORT is an asthma control medicine that has been proven to help improve lung function, helping patients breathe better all day and night.* Once your asthma is well controlled, your doctor will decide if you can stop taking SYMBICORT without loss of control and may prescribe a long-term asthma control medicine such as an inhaled corticosteroid.

* When taken twice daily.

IMPORTANT INFORMATION ABOUT SYMBICORT

Important Safety Information About SYMBICORT for Asthma

SYMBICORT contains formoterol, a long-acting beta₂-adrenergic agonist (LABA). LABA medicines such as formoterol increase the risk of death from asthma problems. It is not known whether budesonide, the other medicine in SYMBICORT, reduces the risk of death from asthma problems seen with formoterol.

SYMBICORT should be used only if your health care provider decides that your asthma is not well controlled with a long-term asthma control medicine, such as an inhaled corticosteroid, or that your asthma is severe enough to begin treatment with SYMBICORT.

If you are taking SYMBICORT, see your health care provider if your asthma does not improve or gets worse. It is important that your health care provider assess your asthma control on a regular basis. Your doctor will decide if it is possible for you to stop taking SYMBICORT and start taking a long-term asthma control medicine without loss of asthma control.

Children and adolescents who take LABA medicines may have an increased risk of being hospitalized for asthma problems.

SYMBICORT does not replace rescue inhalers for sudden asthma symptoms.

Be sure to tell your health care provider about all your health conditions, including heart conditions or high blood pressure, and all medicines you may be taking. Some patients taking SYMBICORT may experience increased blood pressure, heart rate, or change in heart rhythm.

Do not use SYMBICORT more often than prescribed. While taking SYMBICORT, never use another medicine containing a LABA for any reason. Ask your health care provider or pharmacist if any of your other medicines are LABA medicines, as using too much LABA may cause chest pain, increase in blood pressure, fast and irregular heartbeat, headache, tremor, and nervousness.

Patients taking SYMBICORT should call their health care provider or get emergency medical care:

- if you experience serious allergic reactions including rash, hives, swelling of the face, mouth and tongue, and breathing problems.
- if you think you are exposed to infections such as chicken pox or measles, or if you have any signs of infection. You may have a higher chance of infection.
- if you experience an increase in wheezing right after taking SYMBICORT, eye problems including glaucoma and cataracts, decreases in bone mineral density, swelling of blood vessels (signs include a feeling of pins and needles or numbness of arms or legs, flu like symptoms, rash, pain and swelling of the sinuses), decrease in blood potassium and increase in blood sugar levels.

If you are switching to SYMBICORT from an oral corticosteroid, follow your health care provider's instructions to avoid serious health risks when you stop using oral corticosteroids.

Common side effects include nose and throat irritation, headache, upper respiratory tract infection, sore throat, sinusitis, stomach discomfort, flu, back pain, nasal congestion, vomiting, and thrush in the mouth and throat.

Approved Uses for SYMBICORT for Asthma

SYMBICORT is a medicine for the treatment of asthma for people 12 years and older whose doctor has determined that their asthma is not well controlled with a long term asthma control medicine such as an inhaled corticosteroid or whose asthma is severe enough to begin treatment with SYMBICORT. SYMBICORT is not a treatment for sudden asthma symptoms.

Please see Important Product Information on adjacent page and discuss with your doctor.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

For more information, call 1-800-908-1501
or go to MySymbicort.com/ACT

If you're without prescription coverage and can't afford your medication, AstraZeneca may be able to help. For more information, please visit www.astrazeneca-us.com.



IMPORTANT INFORMATION ABOUT SYMBICORT

Please read this summary carefully and then ask your doctor about SYMBICORT.

No advertisement can provide all the information needed to determine if a drug is right for you or take the place of careful discussions with your health care provider. Only your health care provider has the training to weigh the risks and benefits of a prescription drug.

WHAT IS THE MOST IMPORTANT INFORMATION I SHOULD KNOW ABOUT SYMBICORT?

People with asthma who take long-acting beta₂-agonist (LABA) medicines, such as formoterol (one of the medicines in SYMBICORT), have an increased risk of death from asthma problems. It is not known whether budesonide, the other medicine in SYMBICORT, reduces the risk of death from asthma problems seen with formoterol.

SYMBICORT should be used only if your health care provider decides that your asthma is not well controlled with a long-term asthma control medicine, such as an inhaled corticosteroid, or that your asthma is severe enough to begin treatment with SYMBICORT. Talk with your health care provider about this risk and the benefits of treating your asthma with SYMBICORT.

If you are taking SYMBICORT, see your health care provider if your asthma does not improve or gets worse. It is important that your health care provider assess your asthma control on a regular basis. Your doctor will decide if it is possible for you to stop taking SYMBICORT and start taking a long-term asthma control medicine without loss of asthma control.

Get emergency medical care if:

- breathing problems worsen quickly, and
- you use your rescue inhaler medicine, but it does not relieve your breathing problems.

Children and adolescents who take LABA medicines may be at increased risk of being hospitalized for asthma problems.

WHAT IS SYMBICORT?

SYMBICORT is an inhaled prescription medicine used for asthma and chronic obstructive pulmonary disease (COPD). It contains two medicines:

- Budesonide (the same medicine found in Pulmicort Flexhaler™, an inhaled corticosteroid). Inhaled corticosteroids help to decrease inflammation in the lungs. Inflammation in the lungs can lead to asthma symptoms
- Formoterol (the same medicine found in Foradil® Aerolizer®). LABA medicines are used in patients with COPD and asthma to help the muscles in the airways of your lungs stay relaxed to prevent asthma symptoms, such as wheezing and shortness of breath. These symptoms can happen when the muscles in the airways tighten. This makes it hard to breathe, which, in severe cases, can cause breathing to stop completely if not treated right away

SYMBICORT is used for asthma and chronic obstructive pulmonary disease as follows:

Asthma

SYMBICORT is used to control symptoms of asthma and prevent symptoms such as wheezing in adults and children ages 12 and older.

Chronic Obstructive Pulmonary Disease

COPD is a chronic lung disease that includes chronic bronchitis, emphysema, or both. SYMBICORT 160/4.5 mcg is used long term, two times each day, to help improve lung function for better breathing in adults with COPD.

WHO SHOULD NOT USE SYMBICORT?

Do not use SYMBICORT to treat sudden severe symptoms of asthma or COPD or if you are allergic to any of the ingredients in SYMBICORT.

WHAT SHOULD I TELL MY HEALTH CARE PROVIDER BEFORE USING SYMBICORT?

Tell your health care provider about all of your health conditions, including if you:

- have heart problems
- have high blood pressure
- have seizures
- have thyroid problems
- have diabetes
- have liver problems
- have osteoporosis
- have an immune system problem
- have eye problems such as increased pressure in the eye, glaucoma, or cataracts
- are allergic to any medicines
- are exposed to chicken pox or measles
- are pregnant or planning to become pregnant. It is not known if SYMBICORT may harm your unborn baby
- are **breast-feeding**. Budesonide, one of the active ingredients in SYMBICORT, passes into breast milk. You and your health care provider should decide if you will take SYMBICORT while breast-feeding

Tell your health care provider about all the medicines you take including prescription and nonprescription medicines, vitamins, and herbal supplements. SYMBICORT and certain other medicines may interact with each other and can cause serious side effects. Know all the medicines you take. Keep a list and show it to your health care provider and pharmacist each time you get a new medicine.

HOW DO I USE SYMBICORT?

Do not use SYMBICORT unless your health care provider has taught you and you understand everything. Ask your health care provider or pharmacist if you have any questions.

Use SYMBICORT exactly as prescribed. **Do not use SYMBICORT more often than prescribed.** SYMBICORT comes in two strengths for asthma: 80/4.5 mcg and 160/4.5 mcg. Your health care provider will prescribe the strength that is best for you. SYMBICORT 160/4.5 mcg is the approved dosage for COPD.

- SYMBICORT should be taken every day as 2 puffs in the morning and 2 puffs in the evening.
- Rinse your mouth with water and spit the water out after each dose (2 puffs) of SYMBICORT. This will help lessen the chance of getting a fungus infection (thrush) in the mouth and throat.
- Do not spray SYMBICORT in your eyes. If you accidentally get SYMBICORT in your eyes, rinse your eyes with water. If redness or irritation persists, call your health care provider.
- Do not change or stop any medicines used to control or treat your breathing problems. Your health care provider will change your medicines as needed
- While you are using SYMBICORT 2 times each day, do not use other medicines that contain a long-acting beta₂-agonist (LABA) for any reason. Ask your health care provider or pharmacist if any of your other medicines are LABA medicines.
- SYMBICORT does not relieve sudden symptoms. Always have a rescue inhaler medicine with you to treat sudden symptoms. If you do not have a rescue inhaler, call your health care provider to have one prescribed for you.

Call your health care provider or get medical care right away if:

- your breathing problems worsen with SYMBICORT
- you need to use your rescue inhaler medicine more often than usual
- your rescue inhaler does not work as well for you at relieving symptoms
- you need to use 4 or more inhalations of your rescue inhaler medicine for 2 or more days in a row
- you use one whole canister of your rescue inhaler medicine in 8 weeks' time
- your peak flow meter results decrease. Your health care provider will tell you the numbers that are right for you
- your symptoms do not improve after using SYMBICORT regularly for 1 week

WHAT MEDICATIONS SHOULD I NOT TAKE WHEN USING SYMBICORT?

While you are using SYMBICORT, do not use other medicines that contain a long-acting beta₂-agonist (LABA) for any reason, such as:

- Serevent® Diskus® (salmeterol xinafoate inhalation powder)
- Advair Diskus® or Advair® HFA (fluticasone propionate and salmeterol)
- Formoterol-containing products such as Foradil Aerolizer, Brovana®, or Performist®

WHAT ARE THE POSSIBLE SIDE EFFECTS WITH SYMBICORT?

SYMBICORT can cause serious side effects.

- Increased risk of pneumonia and other lower respiratory tract infections if you have COPD. Call your health care provider if you notice any of these symptoms: increase in mucus production, change in mucus color, fever, chills, increased cough, increased breathing problems
- Serious allergic reactions including rash; hives; swelling of the face, mouth and tongue; and breathing problems. Call your health care provider or get emergency care if you get any of these symptoms
- Immune system effects and a higher chance for infections
- Adrenal insufficiency—a condition in which the adrenal glands do not make enough steroid hormones
- Cardiovascular and central nervous system effects of LABAs, such as chest pain, increased blood pressure, fast or irregular heartbeat, tremor, or nervousness
- Increased wheezing right after taking SYMBICORT
- Eye problems, including glaucoma and cataracts. You should have regular eye exams while using SYMBICORT
- Osteoporosis. People at risk for increased bone loss may have a greater risk with SYMBICORT
- Slowed growth in children. As a result, growth should be carefully monitored
- Swelling of your blood vessels. This can happen in people with asthma
- Decreases in blood potassium levels and increases in blood sugar levels

WHAT ARE COMMON SIDE EFFECTS OF SYMBICORT?

Patients with Asthma

Sore throat, headache, upper respiratory tract infection, thrush in the mouth and throat

Patients with COPD

Thrush in the mouth and throat

These are not all the side effects with SYMBICORT. Ask your health care provider or pharmacist for more information.

NOTE: This summary provides important information about SYMBICORT. For more information, please ask your doctor or health care provider.

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Advice guru Karen Karbo is a mom, a teacher, and the author of *The Gospel According to Coco Chanel*.

Had it up to here? Before you say "I'm done" with a relationship, get a little help from Karen Karbo.

My friend is a mess

I think I need to break up with the woman who has been my closest friend since our teen years. So much of her behavior is unhealthy: She had several affairs while she was married, she's a neglectful mom, she's selfish. But I dread confrontation, especially because she takes any mention of her weaknesses as an attack. Is there any way to end this friendship peacefully?

—M.M., 50, DENVER

It'll be tough. Few people are happy to hear bad things about themselves. That said, it sounds like this relationship has needed an honesty injection for a long time. I suggest you try to talk to her in the spirit of compassion, without focusing on her "weaknesses." Is she unhappy or unhealthy? Does she need help? Coupling your concerns in those terms will disarm her defensiveness. Also, be sure to be true to yourself and tell her that her actions have been upsetting and make it tough for you to be supportive. If the conversation blows up, you said what you needed to say, and you can walk away. But there's a possibility you might help your friend—and even save a longtime friendship.

I can't believe she's spreading lies about my kids

My husband and I became close with another family at our church who have two boys the same age as our two teen daughters. The wife tried to fix our children up to date, but my girls were put off by her attempts, and finally, my oldest daughter told their oldest son that she just wasn't interested. Ever since then, the woman has been making rude jokes about my girls' intelligence, their friends, etc. I walk on pins and needles wondering what's coming next and worrying that my husband will lose his temper and say something. Help! —C.E., 38, BIRMINGHAM, AL

What's the worst thing that could happen if your husband loses his temper? For a good two minutes, there's a lot of embarrassment: This awful woman is embarrassed, your kids are embarrassed, you are embarrassed. Maybe people at church will gossip about it for the next couple of weeks. Then it's over. If you don't want that to happen, you should say something to her yourself. Someone has to! The next time she tries to play off a crack by saying she's joking, call her on it. Politely reply, "I know you think it's funny to say my daughters are [fill in random insult here], but neither my girls nor I agree. It's getting old." Stand up to her. You have nothing to lose but those pins and needles you've been walking on.

It's the ultimate sister betrayal!

My younger sister has started a relationship with my older sister's ex-husband, and the entire family is in an uproar over it. My niece and nephew—my older sister's kids—are really upset. But my younger sister doesn't see any problem with her romance. How do I help her realize what she is doing is wrong? —M.M., 32, TAMPA, FL

Asking someone who thinks she's in love to see reason is nearly impossible—and in this situation, the inappropriateness may even be part of the excitement. The best hope you have of helping your sister get her head on straight is to make sure she's clear on how this relationship is hurting her niece and nephew, who have already been through divorce. They must feel as if the grown-ups in their lives don't love them enough to behave themselves. And they won't forget it. *Ever*. You might further underscore your point by asking your sister what kind of man does this to his own children. Is that really someone she wants to be with? Keep the kids front and center in your conversation with your sister, and you might just help her see the light.

Need advice about something in your life?

Send questions about friends, family, men, colleagues, and anyone else to karenkarbo@redbookmag.com. Please include your initials, age, city, and state. Letters may be edited for clarity and length.



Give her your undivided attention—not your advice.

What *not* to say to a friend who's struggling with infertility

"Have you tried IVF/acupuncture/headstands?"

"So often, the instinct is to fix things. What's more important is to listen," explains Barbara Collura, executive director of Resolve, the national infertility association. "If you want to talk, I'm here"—that's all I wanted my friends to tell me," says Colleen Dippel, 39, who struggled with infertility for years before giving birth to her son and adopting her daughter. "Each infertility case is unique, so advice doesn't help. Knowing there's someone to talk to is what friendship is really about."

"Just relax and it will happen." "There are so many myths about fertility issues," says Kristin Foristall, 34, who used IVF to have her daughter. "I tried relaxing. I stopped drinking coffee. I meditated. Sorry, that didn't fix my problem. Science did!" In fact, a recent study found that stress does not compromise a woman's chance of getting pregnant. Plus, such comments risk minimizing a friend's situation, Collura says.

"I know you're going to be upset, but I'm pregnant." Sharing pregnancy news—yours or a mutual friend's—is tricky, but don't assume you know what reaction you'll get. "Most women want to hear about other people's baby news, in a matter-of-fact way and early enough so they're not the last to know," says Collura. As Peggy Strickler, 39, who went through infertility treatments for seven years before having her son, says, "There is a mix of feelings, certainly, but happiness for a friend generally prevails." —ERIN ZAMMETT RUDDY



(fig. A) Cupfakes

IS HER DADDY MORE IMPORTANT... THAN YOU?

Sit your husband down for this one: According to Dr. Peggy Drexler's new book, *Our Fathers, Our Selves*, a father's care might determine whether or not your daughter will be a success. She talks us through it.

Q: Why is the father-daughter bond so key?

A: Research shows that fathers nurture their daughters' capabilities in different ways than mothers do: They'll help their kids deal with frustration by showing them how, if they stick with a task, they'll work past the hard part. Studies also show that daughters who are close to their dads tend to do better in school than girls who do not have that same type of father-daughter relationship.

Q: What was your most surprising finding?

A: That no matter how successful they are as adults, women still crave their father's approval. And they're more willing to forgive their dads for transgressions than they are their husbands, moms, or coworkers. Dads typically aren't around as much, so they become idealized. Kids think their mothers are fair game in terms of criticism and their fathers are more perfect.

Q: So what should a mom do to help?

A: It's simple: Encourage your husband and daughter to spend time alone together. It will help them create their own experiences, and that's what's truly important. —E.Z.R.



Sometimes father does know best!

The slacker mom dictionary

Here, *your* words for the shortcuts that make modern motherhood possible. June Cleaver is rolling; we're laughing!

Dunch: (noun) When you give your kids lunch so late, it might as well be dinner.

meTunes: (noun) Listening to whatever you want as loud as you want because it's your damn car.

(So what if your son can sing along to that wildly inappropriate new Eminem song?)

Cupfakes: (noun) Buying store-bought treats for your kid's class birthday, then roughing up the icing so they look homemade.

Wardrobe momfunction: (noun) When you drive your kid to school in your pajamas, wearing no bra, and the perfect skinny-jeaned PTA mom leans in to chat about the bake sale.

Swathing: (verb) Considering your kids' dip in a swimming pool as their bath for the day.

THE CRUNCH KIDS CRAVE

NEW BAKED POP-TARTS MINI CRISPS™

100-CALORIE SNACK POUCHES AVAILABLE IN THE POP-TARTS® TOASTER PASTRIES AISLE.



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Motherhood, my way

These 8 women may have gotten flak for their motherhood choices, but their stories help us *all* understand what it takes to be a parent: devotion, conviction, and hope. By Hallie Goodman



She shares her kids' personal details with millions

HEATHER ARMSTRONG, 35, SALT LAKE CITY

Ten years ago, Heather Armstrong started her blog, dooce.com, as a place to talk about music, movies, and her (then) single life. But as she became a wife to husband Jon, and mother to daughters Leta, 7, and Marlo, 20 months, her posts shifted. Frank entries about labor, poop (enough to merit its own category on the site), and her battle with postpartum depression earned her a devoted following. Today, dooce.com employs both Armstrongs full-time, and logged over 18 million visits in the last year.

WHY I MADE THE CHOICE I DID: "I've always been the kind of person who'd tell you anything you wanted to know about me. So my site was a natural extension of that. Throughout my first pregnancy and afterward, I told it all: the good, the bad, and the gory—including pictures. When I wrote about the struggles I had in the first few months after my daughter was born, my audience reached out and helped me. I found my community online. But that said, I have started writing less about Leta as she gets older, out of respect for her privacy."

MY ONLY REGRET: "At the very beginning, I wrote some very unflattering things about my family, thinking they'd never read it. Then my brother Googled my name. But we got through it, and the experience made us all closer."

THE WORST THING SOMEONE HAS SAID: "Leta had sensory issues when she was little. She was very late to walk, and needed occupational therapy. A reader accused me of having Munchausen syndrome by proxy; in other words, I was making her sick so I'd have something to write about. It made me feel like s---, but it just wasn't worth it to respond."

A SURPRISING SOURCE OF SUPPORT: "My parents are conservative Mormons, and I'm... not. On top of that, I tend to use lots of four-letter words. So I didn't think they'd be fans of my blog. But I'm very much like my mother in my ambition and my father in my sense of humor, and I think the blog has helped them recognize that. Amazingly, they read it every day."

THE UNEXPECTED REWARD: "First, it pays our mortgage. Second, I posted a newsletter about Leta on the blog every month for five years; they're such a treasure to have. I'd love to print them all and make them into a scrapbook for her when she's older."



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Important Safety Information for Atelvia™ (risedronate sodium) delayed-release tablets

You should not take Atelvia™ if you are on Actonel® (risedronate sodium), have problems of the esophagus which delay emptying into the stomach, have low blood calcium (hypocalcemia), cannot stand or sit upright for at least 30 minutes, or are allergic to any of the ingredients.

Stop taking Atelvia™ and tell your doctor right away if you have trouble or pain when you swallow, chest pain, or new or worsening heartburn, as these may be signs of serious upper digestive problems. Take Atelvia™ right after breakfast and follow dosing instructions carefully to lower the chance of these events occurring. Regularly talk to your doctor about how long taking Atelvia™ for the treatment of osteoporosis is right for you.

Side effects may include diarrhea, flu-like symptoms, stomach pain, upset stomach, or back, muscle, bone or joint pain, sometimes severe. Contact your doctor for medical advice about side effects, or if you have questions about Atelvia™. Promptly tell your doctor if you develop dental problems, as serious jawbone problems have been reported rarely. Inform your doctor of any new or unusual pain in your hip, groin, or thigh as unusual thigh bone fractures have been reported rarely.

**Please read the Medication Guide for Atelvia™, found at the end
of the Prescribing Information at www.atelvia.com.**

**You are encouraged to report negative side effects of prescription drugs
to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.**



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Brief Summary of Medication Guide

What is the most important information I should know about Atelvia?

Atelvia can cause serious side effects including:

- 1. Esophagus problems
- 2. Low calcium levels in your blood (hypocalcemia)
- 3. Severe jaw bone problems (osteonecrosis)
- 4. Bone, joint, or muscle pain
- 5. Unusual thigh bone fractures

1. Esophagus problems

Some people who take Atelvia may develop problems in the esophagus (the tube that connects the mouth and the stomach). These problems include irritation, inflammation, or ulcers of the esophagus which may sometimes bleed.

- It is important that you take Atelvia exactly as prescribed to help lower your chance of getting esophagus problems. (See the section "How should I take Atelvia?")
- Stop taking Atelvia and call your doctor right away if you get chest pain, new or worsening heartburn, or have trouble or pain when you swallow.

2. Low calcium levels in your blood (hypocalcemia).

Atelvia may lower the calcium levels in your blood. If you have low blood calcium before you start taking Atelvia, it may get worse during treatment. Your low blood calcium must be treated before you take Atelvia. Most people with low blood calcium levels do not have symptoms, but some people may have symptoms. Call your doctor right away if you have symptoms of low blood calcium such as:

- Spasms, twitches, or cramps in your muscles
- Numbness or tingling in your fingers, toes, or around your mouth

Your doctor may prescribe calcium and vitamin D to help prevent low calcium levels in your blood, while you are taking Atelvia. Take calcium and vitamin D as your doctor tells you to.

3. Severe jaw bone problems (osteonecrosis).

Severe jaw bone problems may happen when you take Atelvia. Your doctor should examine your mouth before you start Atelvia. Your doctor may tell you to see your dentist before you start Atelvia. It is important for you to practice good mouth care during treatment with Atelvia.

4. Bone, joint, or muscle pain.

Some people who take Atelvia develop severe bone, joint, or muscle pain.

5. Unusual thigh bone fractures.

Some people have developed unusual fractures in their thigh bone. Symptoms of a fracture may include new or unusual pain in your hip, groin, or thigh.

Call your doctor right away if you have any of these side effects.

What is Atelvia?

Atelvia is a prescription medicine used to treat osteoporosis in women after menopause.

It is not known how long Atelvia works for the treatment and prevention of osteoporosis. You should see your doctor regularly to determine if Atelvia is still right for you.

Atelvia is not for use in children.

Who should not take Atelvia?

Do not take Atelvia if you:

- Have certain problems with your esophagus, the tube that connects your mouth and stomach
- Cannot sit or stand up for at least 30 minutes
- Have low blood calcium (hypocalcemia)
- Are allergic to any of the other ingredients in Atelvia. See the end of this leaflet for a complete list of ingredients in Atelvia.

What should I tell my healthcare provider before taking Atelvia?

Before you take Atelvia, tell your healthcare provider if you:

- Have problems swallowing
- Have stomach or digestive problems
- Have low blood calcium
- Plan to have dental surgery or teeth removed
- Have kidney problems
- Have been told you have trouble absorbing mineral in your stomach or intestines (malabsorption syndrome)
- Are pregnant or plan to become pregnant. It is not known if Atelvia can harm your unborn baby.

- Are breastfeeding or plan to breastfeed. It is not known if Atelvia passes into your breast milk and may harm your baby. You and your doctor should decide if you will take Atelvia or breastfeed. You should not do both.

Tell your doctor about all the medicines you take, including prescription and non-prescription medicines, vitamins and herbal supplements. Certain medicines may affect how Atelvia works.

Especially tell your doctor if you take:

- Actonel® or other medicines to treat osteoporosis
- calcium supplements
- antacids
- laxatives
- iron supplements

Ask your doctor or pharmacist for a list of these medications, if you are not sure. Know the medicines you take. Keep a list of them to show your doctor and pharmacist when you get a new medicine.

How should I take Atelvia?

- Take Atelvia exactly as your doctor tells you.
- Take Atelvia 1 time a week **right after breakfast**. Choose a day of the week to take Atelvia that best fits your schedule.
- Take Atelvia with at least 4 ounces (about 1-half cup) of plain water.
- Swallow Atelvia tablets whole. **Do not chew, cut, or crush** Atelvia tablets before swallowing. If you cannot swallow Atelvia tablets whole, tell your doctor. You may need a different medicine.

After swallowing Atelvia wait at least 30 minutes:

- Before you lie down. You may sit, stand or walk, and do normal activities like reading.
- Before you take other medicines, including antacids, calcium, and other supplements and vitamins.

Do not lie down for at least 30 minutes after you take Atelvia.

If you miss your weekly Atelvia dose, take Atelvia the morning after you remember then return to your normal schedule. Do not take 2 doses at the same time.

You should take calcium and vitamin D as directed by your doctor.

If you take too much Atelvia, call your doctor. Do not try to vomit. Do not lie down.

What are the possible side effects of Atelvia?

Atelvia may cause serious side effects:

- See "What is the most important information I should know about Atelvia". The most common side effects of Atelvia include:

- diarrhea
- flu-like symptoms
- muscle pain
- back and joint pain
- upset stomach
- stomach area (abdominal) pain

You may get allergic reactions, such as hives or, in rare cases, swelling of your face, lips, tongue, or throat.

Tell your doctor if you have any side effect that bothers you or that does not go away.

These are not all the possible side effects of Atelvia. For more information, ask your doctor or pharmacist.

Call your doctor for medical advice about side effects. You may report side effects to FDA at 1-800-FDA-1088.

This Brief Summary of Medication Guide summarizes the most important information about Atelvia. If you would like more information, talk with your doctor. You can ask your pharmacist or doctor for information about Atelvia that is written for health professionals.

For more information, go to www.atelvia.com or call 1-800-521-8813.



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Revised February 2011

She was raped and kept her baby

NAME WITHHELD, 25

On her 21st birthday, J. was drugged and raped by a man she was casually dating. She woke up the next morning underneath him and scrambled to get dressed and leave. Unsure of what had happened, she avoided her attacker. Three months later, she realized she was pregnant with her rapist's child. Today, that daughter is almost 4 years old.

WHY I MADE THE CHOICE I DID: "When I realized I was pregnant, at first I just cried. I already had an 8-month-old little girl and had no idea how I'd care for another child. But I wasn't open to abortion. My mother was actually encouraged to have an abortion when she was pregnant with me, and of course, I wouldn't be here if she had. And even with all of the fears I was experiencing, I also felt an instant connection and love for this child. She was a baby, she was defenseless, and she was mine to protect and love. I'm not a religious person, but I always felt that she came to me for a reason."

MY ONLY REGRET: "Never reporting the crime. I know it sounds terrible, but I didn't want society to think I was stupid. So I did nothing."

THE WORST THING SOMEONE HAS SAID:

"Someone who I was close to said she wasn't sure she could love this baby the way she loved my first daughter. I was so mad, I wanted her out of our lives completely. But she later apologized."

THE UNEXPECTED REWARD: "Of course it's my daughter! Before she was born, I secretly wondered if I might resent her, but I definitely don't. As soon as I held her, any thought of resentment was gone forever. And I've never looked back."

"She was mine to protect and love," says J.

COURTESY OF SUBJECTS (2)



Two stars are born:
From left, Sydney,
Carin, and Jordan.

She put her kids to work!

CARIN YATES, 40, SUFFIELD, CT

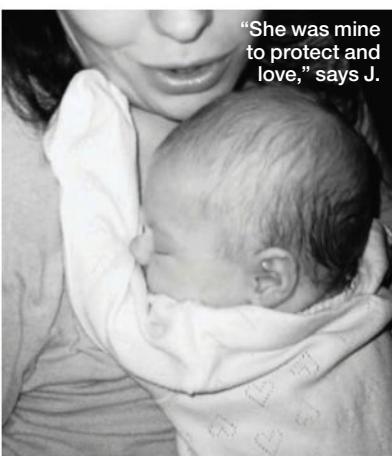
It's only been three years since Carin Yates first took her daughter Sydney to a Gap print ad audition. But since then, the now 9-year-old and her sister, Jordan, 5, have modeled for many more companies, including DKNY and the Children's Place; both girls have even inspired dolls. "They do miss school on occasion," Carin says. "But if the work ever starts to affect them academically, or stress them out, we will stop. And if an audition conflicts with something that is important to them, I'll cancel it. I can always see it in their faces when something really matters."

WHY I MADE THE CHOICE I DID: "People always said my kids should be models or actors—they're both total hams—but I blew it off. Then a friend whose child modeled finally talked me into taking Sydney to meet an agent. When we went on that first audition, for Gap, she got a callback, but it was Jordan [then 2] who booked it. The girls have auditioned ever since. Their earnings go straight into college funds, except for a small amount that we use to cover their modeling expenses. I don't want to say how much they've made, but they'll have no trouble paying for school. My husband teaches, and I work part time, so we wouldn't be able to save much otherwise."

ONE MAJOR DOWNSIDE: "When Sydney walked the runway in New York City's fashion week, she saw the adult models and said, 'I don't want to be that skinny!' I told her the models' weight was unrealistic for most everyone, but her reaction made me nervous. She's athletic, she's not a twig. So as soon as she's expected to weigh something that isn't natural for her, we'll quit modeling. I don't want her to have that pressure."

THE WORST THING SOMEONE HAS SAID: "You have a biracial child missing her two front teeth, so you better be happy with whatever auditions you get.' Of course, just a few days later, my toothless child booked a job that's going to pay for a year of college."

THE UNEXPECTED REWARD: "This work seems to have only strengthened my daughters' sense that they can do anything. Sydney wants to sing, dance, do it all. I have to rein her back a little because the reality is, very few kids are successful for any significant period, and I don't want either of the girls to pin all of their dreams on this."





They're two moms, two kids, and a very special uncle

ILKA BAILEY, 37, AND BETH KLUENDER, 41, PORTLAND, OR

In 2003, Ilka Bailey and Beth Kluender had just moved to Portland and needed a place to stay while they looked for a house. Ilka's cousin Jill Whittaker, her husband, James, and their 2-year-old daughter, Wiley, welcomed them in. "One night at dinner, we were talking about how Beth and I wanted a family and what our options were," Ilka says. "Out of the blue, James said, 'I'll give you my sperm.' We were like, 'Really?'" The women had researched sperm donors at a cryobank, but it was both impersonal and very expensive. So they took James up on his offer (with Jill's blessing), and Ilka gave birth to Ripley in July 2004. A few years later, they repeated the process with their daughter Prue, now 3. "Our kids know the whole story," Ilka says. "It's very clear that we're the parents, but James is in our children's lives—we see him at least once a week. He is Uncle James."

WHY WE MADE THE CHOICE WE DID: "The idea of choosing an anonymous sperm donor felt so arbitrary," explains Ilka. "Should we pick one based on our looks? Or how well the donor was educated? And personality was so important, something we'd have no way of knowing with an anonymous donor. When James offered to donate, we were all surprised. Beth and I spent a few weeks talking about it, privately. Would it be too weird? Our kids would be both cousins and half-siblings. Beth wondered if, by having James in our lives, he would take on that second parent role instead of her. But we talked it all out and

approached James and his wife again a few weeks later. They had also been talking and had decided that they were both totally okay with it. James was fine leaving the parenting to us and being an uncle, not a dad." Then she adds with a laugh: "A funny benefit of knowing James is that if the kids do something we don't understand, we just blame it on him."

WHAT THE KIDS THINK: "One day, I was driving Ripley and two friends to the pumpkin patch," Ilka says, "and one of them said to her, 'You know, two moms can't have a baby.' And I sort of braced myself, thinking I was going to have to jump in. But Ripley piped up and said, 'You're right, here's what happened—you know my cousins? Their dad gave my moms a gift so that they could have me.' Then I think the other kid interrupted and was like, 'Look, a cow.'"

THE WORST THING SOMEONE HAS SAID: "While they aren't directly negative, people ask so many questions," Beth says. "Okay, wait—you had kids with Ilka's cousin? Was Jill okay with it? Who's the mom? Is James in their lives?" "One woman told Jill that she was crazy to have gone along with it," says Ilka. "She said she'd feel like they were *her* kids."

THE UNEXPECTED REWARD: "This has definitely made us all closer as a family," Ilka says. "James's mother sent the kids Christmas gifts and put our kids on her family tree. She was acknowledging that they are part of her family—that his family embraces them. I appreciate that."

She's chosen a job that could kill her

ANNA NEISTAT, 34, PARIS

While working to expose and prevent human rights violations, Anna Neistat regularly travels to the most dangerous parts of the globe. She is part of an Emergencies Unit at Human Rights Watch—and the only team member who is also a mother; her son, Daniil, is 11. "I have been detained before, and there's sometimes a risk that I'll be shot at," she says. "I can be home on Monday, doing errands, helping Daniil with his homework. And the next day I'm packing my bag and leaving for a war zone on the other side of the world." She says that the only way she can deal with the dangers of her job or the terrifying prospect of not returning home to her son is simply not to dwell on it. "I just can't go there. It would make me incapable of doing my work and helping the people I need to help," she explains. When Anna's gone, Daniil stays with his father (he and Anna are divorced), or Anna's partner, Ole, or Anna's parents. "It's always difficult to be away from him, but we've both gotten used to it, even though you really don't want to get used to something like that."

WHY I MADE THE CHOICE I DID: "Growing up in Moscow under a totalitarian state, I had no hope that the system would ever change—but it crumbled right in front of my eyes. So that has allowed me to have hope for countries ruled by even the worst dictatorships. I don't think Daniil realizes that I face real danger. I don't talk about that with him. It's important to me that he understand what I do and why, but I still want him to feel safe. In some ways, it is a little bit fictional for him: He believes that in the adventure that's my job, nothing bad happens to the main characters. So do I, actually."

THE UNEXPECTED REWARD: "That my son thinks I'm cool. He'll tell me that though other moms may be around more, 'they don't go around saving the world.' He really does think that I'm some kind secret agent who has weapons hidden somewhere, and no amount of discussion can change his mind about that. His pride in me helps me feel so much better about having to be away."



Anna, right,
on the job in
Afghanistan.

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FAMILY SECRETS

She wanted a girl—and turned to science to get one

NAME WITHHELD, 40

A. was a very happy mom of two boys, but she had always wanted a girl as well. "My mom and I are really close, and I wanted to experience that mother-daughter bond," she says. And so, when her sons were 3 and 6 years old, A. and her husband decided to use MicroSorting, which separates male from female sperm, to have a daughter. Any effort to influence a child's biology ignites controversy, so A. decided to keep her story quiet (it's why she wanted to maintain anonymity here). "We only shared our decision



with a few friends and no family, because I worried that people would think we were trying to play God." After two tries for a daughter and \$10,000 in medical bills, they were successful. A.'s little girl is now 2.

WHY I MADE THE CHOICE I DID: "As women, we're encouraged to go after our dreams, but I had this one huge lifelong dream that wasn't supposed to count. You're supposed to take what you get. But a daughter was more important to me than a job, or my degree, or any of those other big goals."

MY ONLY REGRET: "That I feel like I can't talk about it. I don't often think about how my daughter—or my sons—got here. But when I meet a woman who I sense could benefit from knowing about what I did, that's when I wish I could be open. People have such strong opinions about gender selection, though, that it's easier not to say anything. Friends who've also done this have gotten comments like, 'You are lucky just to *have* kids' or 'So many people want what you have, you should be grateful.' Those kind of statements can cause a lot of suffering."

THE UNEXPECTED REWARD: "Watching my boys with their sister. She brings out a sweet side in them that I hadn't seen before. They play so gently and beautifully with her."

COURTESY OF SUBJECT.

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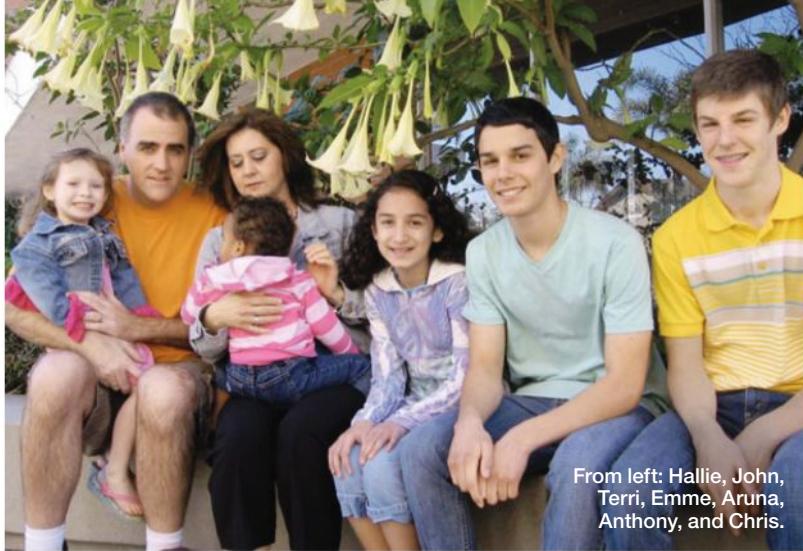
She built a family of adopted children instead of having her own

TERRI LISH MOORE, 44, LONG BEACH, CA

When Terri Moore and her husband, John, 48, got married, they thought they'd adopt two children and have two biological ones, in that order. Today they have six children—Ashley, 19, Christopher, 16, Anthony, 15, Aruna, 11, Hallie, 4 and Emme, 1—all adopted through foster care. The couple never tried to get pregnant.

WHY I MADE THE CHOICE I DID: "As soon as we met Christopher and Anthony, our first two kids, we instantly connected with them. They were so funny and sweet. And once we saw how they were treated by the system—they were 5 and 4 at the time and considered 'hard to place' because they were older—we decided to adopt more instead of trying to have our own. We figured, if we had our own baby, that would mean one less chance to help a kid already out in the world. There have been heartbreaking moments: Once when Chris was out with my husband, he asked, 'Do you think people think you're my real dad?' John replied, 'I don't know,' and Chris said, 'I *hope* they do.' We've also kept the birth families in the kids' lives when possible, which is unusual. People are afraid of foster care because they're afraid to fall in love with a child only to have them returned to the birth parent. But nothing in adoption is risk-free."

COURTESY OF SUBJECT



From left: Hallie, John, Terri, Emme, Aruna, Anthony, and Chris.

MY ONLY REGRET: "Thinking that a good home and love would fix all of a child's problems. The reality is, some kids need more, like specialized therapy. You have to get over the idea that if you're a perfect enough parent you can solve anything. Sometimes you just need to be their advocate and get them the right help."

THE WORST THING ANYONE HAS SAID: "During one of our adoptions of an older child, a coworker said, 'Why are you doing this?' The look on her face said it all: She thought I was crazy to get involved. But we felt it was right, and we did it."

THE UNEXPECTED REWARD: "The relationships we've built with the birth families. There have been really sweet times, like when we visited Chris and Anthony's grandmother at Christmas. She had little gifts for all of us—and this is a woman who didn't have much—but she went out of her way to make us feel welcome." ☺

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Love, tears, and chocolate

It didn't matter that her father had died five years earlier; Allison Ellis's daughter still wanted to buy him a birthday cake. So they celebrated, and healed, together.

Daddy Gregg wants cake for his birthday." "Oh, does he?" I suspected this was yet another ruse to extract sweets from a mother in a moment of vulnerability. But looking closely at my 6-year-old daughter's round, earnest face, I saw that her eyes were full of hope and eagerness—for cake, obviously, but perhaps something more as well.

Elizabeth was just 10 months old when her father—my husband—died unexpectedly of a massive heart attack. We both wailed and watched in horror as the paramedics ripped apart his T-shirt, attempted to shock his body back to life, and hauled him into an ambulance, his cold, Teva-strapped toes facing toward the open doors. Before I could follow the sirens, I had to ask a bystander to install Elizabeth's car seat, something Gregg had always handled for me. Since that horrible day, I had become self-sufficient not only in car-seat installation but also in single-handedly raising a child, maintaining a firm grip on my emotions, and basically keeping it together. Until now.

"Fine," I said. "Let's go."

On the way to the grocery store, Elizabeth asked what kind of cake her dad liked best, and I stumbled, unsure of the answer. Other questions poured out too: What was his favorite color?

Did he like to play soccer? When did he lose his first tooth? Flummoxed, I couldn't remember quickly enough to tell her. It was as though in my quest to hurry my grief and get moving on "moving on," I had willfully buried so many of his characteristics and quirks—little details, I was beginning to sense, that she would eventually enjoy.

"This is it!" Elizabeth jumped up and down with excitement when she spotted what she was after: a beautiful chocolate Bavarian cake, a perfect symbol, I realized with a jolt, of so many things in her father's life. He had been fluent in German and had visited the country several times—adventures I'd never thought to tell her about before. Now I had the opportunity to offer a piece of his past to a daughter who was hungry for information.

As we walked to the car, I knew Elizabeth would not be able to see the tears streaming down my cheeks in the dark, but I didn't try to hide them. *Daddy Gregg would be so proud of us*, I thought to myself. My daughter is brave enough to ask for an enormous, magnificent cake, and I'm finally ready to dive into its sweetness with her, layer by layer. ☙

Allison Ellis is a freelance writer based in Seattle. She is currently working on a memoir.

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Melissa stars with Maya Rudolph and Kristen Wiig in *Bridesmaids*, out this month.

Melissa McCarthy, interviewed by her daughter, Viv, 3



The *Mike & Molly* star takes a walk down the aisle in this month's comedy *Bridesmaids*. But first, she needs to play a little princess.

Viv: Cinderella is my favorite princess. Who's yours, Mommy?

Melissa: I think she's mine too, because we spend so much time dressing up as Cinderella, watching *Cinderella*, and even going so far as to guess who she's going to marry.

Viv: I think she's going to marry Brendan. He has short hair and looks like a chicken.

Melissa: Brendan is your friend at school! You just have a big crush on him.

Viv: Can we play the two princesses?

Melissa: We like to make up wild and long stories about Belle, Snow White, and Cinderella, don't we?

Viv: I'm going to get them. [*She's gone and then back with her Disney dolls.*] Do me and Cinderella have the same eyes?

Melissa: Yes, you both have blue eyes.

Viv: How about me and Snow White?

Melissa: I think her eyes are brown.

Viv: I think Cinderella is more beautiful. I have a blue dress just like hers. Mostly I only wear it at the house.

Melissa: And to the grocery store, on walks, doing errands....

Viv: What food do I love, Mommy?

Melissa: Vivi, you are 24/7 macaroni and cheese. You're the most dedicated macaroni-and-cheese person I have ever met.

Viv: You're a bridesmaid because you were already a bride, right?

Melissa: In the movie I play Megan, the groom's sister, the girl they had to put in the wedding party. It's weird how wedding planners these days think everyone wants to be a princess.

Viv: I want to be a princess!

Melissa: You are a princess!

—ADAPTED BY LORI BERGER

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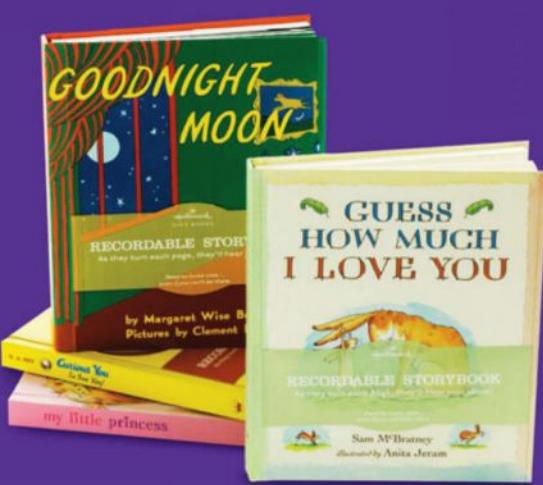
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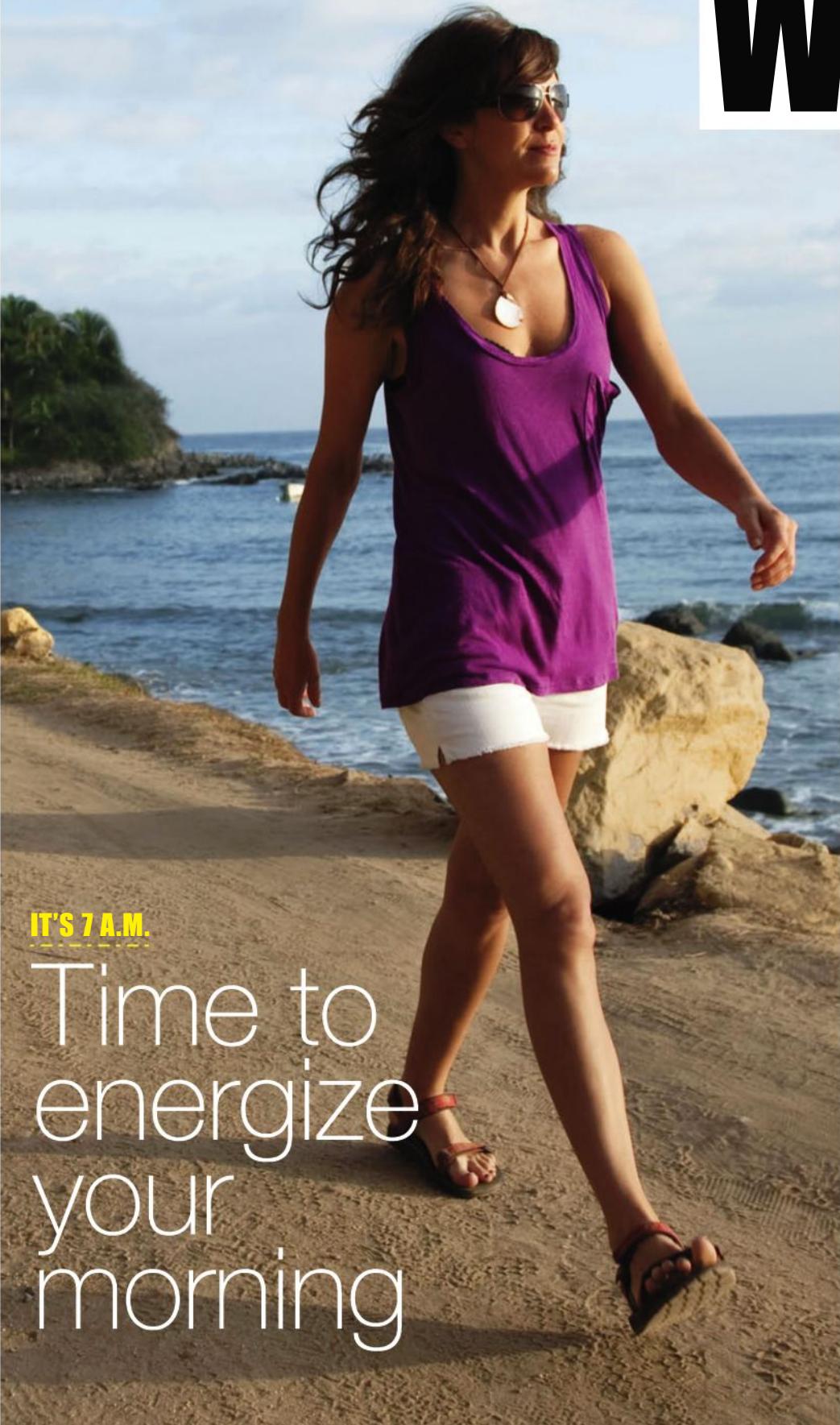
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MAKE IT WORK

TIME, JOB & MONEY TIPS YOU NEED NOW



IT'S 7 A.M.
Time to energize your morning

JORDAN SIEMENS/AURORA PHOTOS

● **Sweat a little.** Studies show that people who exercise in the morning sleep better, says Jessica Matthews, a director for the American Council on Exercise. Get active outdoors between 6:30 and 8:30 a.m.; it's the prime window to wake your body with sunlight, kicking off a healthy sleep-wake cycle.

● **Speed up your walk.** Hard-wiring a healthy habit now will pay off big-time later. A University of Pittsburgh Medical Center researcher found that people over 65 who walk at a pace of at least 2.5 miles per hour live longer than those who don't. To burn extra fat and calories, try interval training: Walk fast for one block and slow down for the next.

● **Fuel your body.** "Breakfast eaters tend to be thinner than breakfast skippers, who are more likely to overindulge later," says registered dietitian Dawn Jackson Blatner. Aim for a 400-calorie meal such as oatmeal with berries and walnuts.

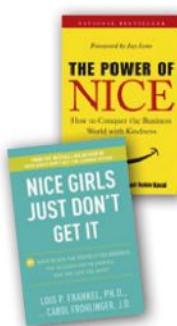
—NICOLE YORIO

HOW TO WIN AT WORK? BE YOURSELF

The new get-ahead career book, *Nice Girls Just Don't Get It*, totally contradicts the advice in the work bible *The Power of Nice*. So which approach is best: good girl or straight-talker? Our verdict: They both rock. Just pick the one that's the most natural for you. —NICOLE YORIO



The B in boss doesn't always stand for b!&*#!



HOW TO...

make a good first impression

NICE GIRLS

"To establish a friendly connection, lead in with a compliment, such as, 'I love your earrings,' or a personal comment like, 'Is that a picture of your daughter?'" says Robin Koval, coauthor of *The Power of Nice*.

STRAIGHT-TALKERS

"People are attracted to those who are most like them. If the person you've just met gets right down to business, skip the small talk and do the same," say *Nice Girls Just Don't Get It* authors Lois Frankel, Ph.D., and Carol Fishlinger, Esq.

shine in meetings

"Approach a brainstorm session from a point of collaboration by saying, 'I like that idea, but here's a way to make it better.' It shows that you respect your peers' ideas."

"Speak up early in meetings to establish yourself as a player in the decision-making process. Nice girls often miss their window of opportunity by letting others go first."

get on the promotion track

"Studies show that likability plays a big role in who gets hired and promoted, so spend time creating personal relationships if you want to move up."

"Coworkers don't need to know your deepest secrets. Save that for your spouse and focus on wowing your superiors with results—that's what really matters."

FIVE-MINUTE MONEY MANAGER

New money rules to follow now

The shake-up of our financial system last year overturned old-school money wisdom. Rethink how you spend and save with Beth Kobliner.

OLD RULE: Saving for college is the smartest way to invest in your children's future.

NEW RULE: Plan for your retirement first. Save your children the future financial strain and work toward siphoning off 15 percent of your income each year into your 401(k) or Roth IRA. Make sure you're on track by using the retirement calculator at choosetosave.org. If you are, then set up a separate account for their college fund.

OLD RULE: A superbasic bank account is fee-free.

NEW RULE: Fees are everywhere—so stay on top of your accounts to keep them as low as possible. Rumors are swirling about widespread new charges, including annual dues on debit cards and penalties for letting a checking-account balance sink too low. You will be alerted when new policies take effect, so read bank notices *carefully*. For lower fees, consider switching to a credit union; find one at creditunion.coop.

OLD RULE: Preowned cars are always cheaper than new.

NEW RULE: New models may be a better deal. Used car prices have been at an all-time high in recent months, thanks to decreased supply and increased demand after the government's "Cash for Clunkers" program ended in 2009. Now it's actually possible to find a new car that's cheaper than its used counterpart: Start comparison shopping online at edmunds.com.

TICKLE ME RICH: ELMO GETS SCHOoled ON SAVING

When *Sesame Street* decided to tackle the topic of money management, they turned to the same expert we do: contributing editor Beth Kobliner, author of *Get a Financial Life*. In a new *Sesame Street* Workshop video released on April 13, Beth teaches Elmo how to become a savvy saver. "Watch as I help him make the smartest buy at Mr. Hooper's store," she says. Download the video for free at sesamestreet.org/save.



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Meet America's most wired family



"We moved into our first office after Katie was born," Brian says. "There's a room that's all hers, and now it's Juliet's too, with a dinosaur, a tricycle, and an easel for them to draw on."

"My low-tech pleasure? A journal," Lisa says. "I write every night about what happened that day: 'Woken up by Katie at 7 a.m.; got an awesome piece of artwork; loved our Emmys coverage.'"



As founders of PopSugar, Brian and Lisa Sugar never unplug (even their dogs have a blog). But they make sure to always connect with each other.

Big risks can yield big rewards. "In 2005, Brian, who was a vice president of marketing, created popsugar.com for me," says Lisa. "It was my personal blog, where I put my positive point of view on celebrity news. Within a year, 250,000 people were reading the site every month." Adds Brian, "We decided to quit our jobs and turn it into something big. Now we cover everything: parenting, love, health, style. We have a 190-person staff and more than 20 million visitors a month."

The secret to being sane working parents is loving what you do," Brian says. "If I didn't, I would bring home negative energy that would mess up everything. We try to make Sugar Inc. feel like family. When we cover weekend events or award shows, the writers work from our home, and I'll make slow-cooked carnitas or a rib roast."

Photo albums are so 2000. "We created blogs for our daughters—Katie, 4, and Juliet, 16 months—and one for our two dogs," says Lisa. "They're a daily journal of photos and videos of cute things they do. We don't keep albums—everything is online." Adds Brian: "Every year I take pictures from the blog and string them together to a song. Each photo flashes on the screen, and it tells a cool story of our family life that year."

Limits? What limits? "Our day starts with us checking our email in bed," Brian says. "At the office, we're online all day, and we log back on after the girls go to sleep. Our girls are into gadgets too. Juliet already plays the Wheels on the Bus game on the iPad!"

The best part of working with your spouse... "is that you're with the woman you love all the time," Brian says. "The hardest part is getting on the same page: Most people talk about work during the day and other stuff when they get home. Our conversations constantly overlap." —NICOLE YORIO



"When we got press passes to the Oscars, I was starstruck by Angelina and Brad," Lisa says. "They're even more beautiful in person. I tried not to gawk!"

"For Mother's Day, Brian always gets me a great bag and a pair of socks. It's a formula," Lisa says.



"Our family loves watching *American Idol*," Brian says. "Steven Tyler gets into it—he sings along and taps on the desk. He's quirky, but fun!"

"We go to the movies alone every Friday," Lisa says. "Our theater lets you bring your own wine, so we bring a bottle and snack on Junior Mints."



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I'VE LEARNED MY LITTLE BOY HAS A WICKED SLIDER.

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"I lost my home— and got it back!"



Strapped for cash and terrified for their families, these women refused to give in to foreclosure. Their lessons could keep *your* home safe. By Sara Clemence

Omaira Munoz with her 4-year-old twin sons, Riley and Ryan, in front of her hard-won house.

The three women you'll meet here were classic American success stories, with good jobs and healthy savings accounts. Yet somehow they wound up facing foreclosure on the homes they'd bought and loved. It's a financial nightmare that has played out endlessly since the housing crisis began, with a staggering 3.8 million foreclosure filings in the United States last year alone—*affecting one in every 45 American homes*. But these women all said, "Not *my* house." Here's what they learned as they clawed their way back.

SHOUT UNTIL SOMEONE LISTENS

It took eating a lot of peanut butter and jelly sandwiches, Omaira Munoz says, to buy her house in a small town 60 miles east of San Francisco. "I wanted the American dream for my family," says the 36-year-old mother of five. And that's exactly what she found in Glenbriar Estates of Tracy, CA, when she walked into the builder's model. The neighborhood was full of young families, kids playing in the street, red-white-and-blue flags waving in front yards—and Omaira wanted all of that. For over a year,

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NESTLÉ
Good Food. Good Life

she and her husband, Victor, passed on dinners out and cut back on new clothes and toys for the kids to afford a \$500,000 five-bedroom home in 2004. The day they moved in, she put up their own American flag.

The mortgage was high, about \$3,000 per month, but because the couple had always held down stable jobs and weren't crazy spenders, they were able to cover it painlessly for almost two years. Then Omaira, a loan processor for a mortgage broker, was diagnosed with Crohn's disease and had to take an extended, unpaid leave from work. Victor, employed at the local Toyota plant for nearly two decades, shouldered the mortgage payments until he was laid off later the same year. By June 2006, they had all but run through their savings. "It became a choice: Do we pay the mortgage or keep the lights on?" she says. Knowing that they wouldn't be able to cover July, Omaira applied for a mortgage modification to lower their monthly payments, but she was turned down.

By September, now three months behind on the mortgage, "complete fear set in," Omaira says. She went into avoidance mode, dodging phone calls from the bank and throwing unopened mail into a box. "My biggest mistake was getting into the mind-set of 'Hear no evil, see no evil.' My mailman even started to feel bad when he'd drop off yet another certified letter from the bank."

In 2007, the mortgage company foreclosed on the house and auctioned it off; the mortgage note was bought by Merrill Lynch (a typical practice when there are no buyers). Eviction notices were posted on the front door three times. As it became undeniably clear that the sheriff was going to throw them out within days, Omaira packed up her children's things and sent the kids to stay in a friend's home while she frantically looked for help. She made hundreds of calls—to her lender, the U.S. Department of Housing and Urban Development, and whomever else she could think of. Most of the people she reached told her to give up and move on—that her house was already gone.

Unwilling to give in, she went to city hall and was immediately connected with Ana Reynoso, a housing program specialist. "When Omaira came into my office and told me her situation, I was very angry, because I had almost lost *my* home to foreclosure and knew it was close to impossible to get assistance from banks if you don't know how to work the system. I dropped everything and helped her," says Reynoso, who called the lender aggressively. *Finally!* Omaira remembers thinking. "Someone cared that I was a sick, hardworking mother who had fallen on tough times. It was a relief to talk to someone who was sympathetic to our situation." By the end of that day, the sheriff was called off, and with Reynoso's help, Omaira was able to get the bank to reverse the foreclosure in 2008. "Omaira is a survivor," Reynoso says. "She educated herself on the business and was able to speak the same language as the banks—something that often trips up first-time homeowners."

The Munozes' monthly payments are lower now, but the total loan balance has increased drastically—to \$900,000—as part of the deal. For now they're using their unemployment checks to help cover the monthly mortgage while they look for full-time work. Omaira also helps dozens of her neighbors on the brink of foreclosure, counseling them with what she learned from her experience: "Just because they say 'No' doesn't mean you've lost."

SNIFF OUT SCAMS

Julie Danko's home in Kiln, MS, is surrounded by pine trees. In her front yard, there's enough sprawling green space for her kids to run around and a pond where the family's two Labrador retrievers paddle.

In 2006, a year after the family moved back to Mississippi following evacuation during Hurricane Katrina, Julie's husband, Matthew, took out a mortgage to build a house on land that his family had owned for years. He had put in months of 16-hour nursing shifts to save up for the home they had fantasized about building since they got married. "It's not a huge house," says Julie, 42. "But it's the biggest one we've had. I let the kids pick out the colors for their rooms, and we painted the whole house together as a family. We were just so happy to be back in Mississippi that we wanted to make it feel like home again."

Sadly, the local economy has been far more unpredictable than they had anticipated. Both nurses, Julie and Matt found steady work at first, but after three years, positions became sporadic and offered lower pay than in the past. By early 2010, the couple had fallen behind on their mortgage and were facing foreclosure. That's when Julie started calling the 800 numbers of a few loan-modification companies, settling on one that promised that a team of "legal experts" would handle their case. The Dankos scraped together \$1,750 to pay for what they believed *p.176*►



Julie Danko on her porch with her daughters Jenna, 13, and Josephine, 6.

"Complete fear set in when we fell behind on our payments. My biggest mistake was getting into the mind-set of 'Hear no evil, see no evil.' Eviction notices were posted on our door three times before I got help." —Omaira



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It's hard to watch your kid having a tough time breathing. Fortunately, FLOVENT can help. Taken daily as directed, it can help prevent symptoms before they start because it helps reduce airway inflammation, an underlying cause of asthma symptoms. FLOVENT is not for, and should not be used to treat, sudden symptoms. It won't replace a rescue inhaler.

FLOVENT is approved for use in children with asthma ages 4 and older. Can FLOVENT help prevent your child's asthma symptoms? Ask your doctor today.

Important Safety Information About FLOVENT DISKUS

- Do not use FLOVENT DISKUS to treat sudden symptoms of asthma. **FLOVENT DISKUS is not a rescue inhaler and should not be used to give you fast relief from your asthma attack.** Always use a rescue inhaler, such as albuterol, during a sudden asthma attack.
- Do not use FLOVENT DISKUS if you have severe allergy to milk proteins or fluticasone propionate. Ask your doctor if you are not sure.
- Tell your doctor about the medicines you take and about all of your medical conditions. **Do not stop taking FLOVENT DISKUS, even if you are feeling better, unless your doctor tells you to.** If you miss a dose, just take your next scheduled dose when it is due. **Do not take 2 doses at the same time unless your doctor tells you to. If you are not sure about your dosing, call your doctor.**
- If you have not had or have not been vaccinated against chickenpox, measles, or active tuberculosis, you should stay away from people who are infected. You should avoid exposure to chickenpox, measles, and tuberculosis. If exposed, consult your healthcare provider without delay.
- FLOVENT DISKUS can cause serious side effects, including:
 - **fungal infections (thrush) in your mouth and throat.** Tell your doctor if you have any redness or white-colored coating in your mouth.
 - **weakened immune system and decreased ability to fight infections.** Worsening of existing tuberculosis, fungal, bacterial, viral, or parasitic infections, or ocular herpes simplex may occur. Symptoms of infection may include: fever, pain, aches, chills, feeling tired, nausea and vomiting. Tell your doctor about any signs of infection while you use FLOVENT DISKUS.
 - **decreased adrenal function (adrenal insufficiency).** Symptoms of decreased adrenal function include tiredness, weakness, nausea and vomiting, and low blood pressure. Decreased adrenal function can lead to death.
 - **allergic reaction (anaphylaxis).** Call your doctor and stop FLOVENT DISKUS right away if you have any symptoms of an allergic reaction: swelling of the face, throat, and tongue, hives, rash, breathing problems.
 - **lower bone mineral density.** This may be a problem for people who already have a higher chance of low bone density (osteoporosis).
 - **slow growth in children.** The growth of children using FLOVENT DISKUS should be checked regularly.
 - **eye problems including glaucoma and cataracts.** Tell your doctor about any vision changes while using FLOVENT DISKUS. Your doctor may tell you to have your eyes checked.
 - **increased wheezing (bronchospasm).** Increased wheezing can happen right away after using FLOVENT DISKUS. Always have a rescue inhaler with you to treat sudden wheezing.
- **The most common side effects of FLOVENT DISKUS include** a cold or upper respiratory tract infection, throat irritation, nausea and vomiting, fever, and headache.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

*Children ages 4 to 11 taking FLOVENT 50 mcg experienced improved lung function on a breathing test compared to placebo. Your child's results may vary.



Visit myFLOVENT.com

Please see summary of
Important Safety Information about
FLOVENT DISKUS on next page.

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BRIEF SUMMARY

This summary does not take the place of talking to your healthcare provider about your medical condition or treatment. See full Prescribing Information for complete product information.

What is FLOVENT DISKUS?

FLOVENT DISKUS is an inhaled prescription corticosteroid medicine for the long-term treatment of asthma in people aged 4 and older.

- FLOVENT DISKUS helps to prevent symptoms of asthma.
- FLOVENT DISKUS does not treat the sudden symptoms of an asthma attack, such as wheezing, cough, shortness of breath, and chest pain or tightness. **Always have a fast-acting bronchodilator medicine (rescue inhaler) with you to treat sudden symptoms.**

It is not known if FLOVENT DISKUS is safe and effective in children younger than 4 years of age.

Who should not use FLOVENT DISKUS?

Do not use FLOVENT DISKUS:

- to treat sudden symptoms of asthma. **FLOVENT DISKUS is not a rescue inhaler and should not be used to give you fast relief from your asthma attack.** Always use a rescue inhaler, such as albuterol, during a sudden asthma attack.
- if you have severe allergy to milk proteins or fluticasone propionate. Ask your doctor if you are not sure.

What should I tell my doctor before taking FLOVENT DISKUS?

Before you use FLOVENT DISKUS, tell your doctor if you:

- have liver problems.
- have been exposed to chickenpox or measles.
- have any other medical conditions.
- are pregnant or planning to become pregnant. It is not known if FLOVENT DISKUS will harm your unborn baby. Talk to your doctor if you are pregnant or plan to become pregnant.
- are breastfeeding or plan to breastfeed. It is not known if FLOVENT DISKUS passes into your breast milk. You and your doctor should decide if you should use FLOVENT DISKUS while you breastfeed.

Tell your doctor about all the medicines you take including prescription and non-prescription medicines, vitamins, and herbal supplements. FLOVENT DISKUS may affect the way other medicines work, and other medicines may affect how FLOVENT DISKUS works. Especially, tell your doctor if you take:

- anti-viral medicines, including medicines that contain ritonavir (commonly used to treat HIV infection or AIDS).
- any other corticosteroid medicines.
- ketoconazole (NIZORAL®), an antifungal medicine.

This is not a complete list of medicines that can affect FLOVENT DISKUS. Ask your doctor if you are not sure if any of your medicines are the kinds listed above.

Know the medicines you take. Keep a list of them and show it to your doctor and pharmacist when you get a new medicine.

How should I use FLOVENT DISKUS?

- Read the detailed Instructions for Use that comes with FLOVENT DISKUS.
- An adult should always watch a child use FLOVENT DISKUS to make sure that it is used correctly, as instructed by your doctor.
- FLOVENT DISKUS comes in 3 strengths. Your doctor has prescribed the one that is best for your condition.
- Use FLOVENT DISKUS exactly as your doctor tells you to use it. Do not change the dose yourself. Your doctor will tell you how many times to inhale your FLOVENT DISKUS and when to use your FLOVENT DISKUS. **Do not inhale more doses or use your FLOVENT DISKUS more often than your doctor has prescribed.**
- FLOVENT DISKUS delivers your dose of medicine as a very fine powder **that most people, but not all, can taste or feel.** Whether or not you can taste or feel your dose of medicine, you should not take more than the prescribed dose. If you are not sure you are getting your dose of FLOVENT DISKUS, contact your doctor or pharmacist.
- It may take 1 to 2 weeks or longer after you start FLOVENT DISKUS for your asthma symptoms to get better. You must use FLOVENT DISKUS regularly. **Do not stop using FLOVENT DISKUS, even if you are feeling better, unless your doctor tells you to.**
- If you miss a dose, just take your next dose at your regular time. **Do not take 2 doses at the same time unless your doctor tells you to. If you are not sure about your dosing, call your doctor.**
- Your doctor may prescribe a rescue inhaler for emergency relief of sudden asthma attacks. Contact your doctor right away if:
 - an asthma attack does not respond to your rescue inhaler or
 - you need more of your rescue inhaler than usual.
- If you also use another medicine by inhalation, you should ask your doctor for instructions on when to use it while you are also using FLOVENT DISKUS.
- Do not use FLOVENT DISKUS with a spacer device.

What should I avoid while taking FLOVENT DISKUS?

- If you have not had or have not been vaccinated against chickenpox, measles, or active tuberculosis, you should stay away from people who are infected.

What are the possible side effects of FLOVENT DISKUS?

FLOVENT DISKUS can cause serious side effects, including:

- **fungal infection (thrush) in your mouth and throat.** Tell your doctor if you have any redness or white-colored coating in your mouth.
- **decreased ability to fight infections.** Symptoms of infection may include: fever, pain, aches, chills, feeling tired, nausea and vomiting. Tell your doctor about any signs of infection while you use FLOVENT DISKUS.
- **decreased adrenal function (adrenal insufficiency).** Symptoms of decreased adrenal function include tiredness, weakness, nausea and vomiting, and low blood pressure. Decreased adrenal function can lead to death.
- **allergic reaction (anaphylaxis).** Call your doctor and stop FLOVENT DISKUS right away if you have any symptoms of an allergic reaction:
 - swelling of the face, throat, and tongue
 - hives
 - rash
 - breathing problems
- **lower bone mineral density.** This may be a problem for people who already have a higher chance of low bone density (osteoporosis).
- **slow growth in children.** The growth of children using FLOVENT DISKUS should be checked regularly.
- **eye problems including glaucoma and cataracts.** Tell your doctor about any vision changes while using FLOVENT DISKUS. Your doctor may tell you to have your eyes checked.
- **increased wheezing (bronchospasm).** Increased wheezing can happen right away after using FLOVENT DISKUS. Always have a rescue inhaler with you to treat sudden wheezing.

Call your doctor right away if you have any of the serious side effects listed above or if you have worsening lung symptoms.

The most common side effects of FLOVENT DISKUS include:

- a cold or upper respiratory tract infection
- throat irritation
- nausea and vomiting
- fever
- headache

Tell your doctor if you have any side effects that bother you or that do not go away. These are not all the possible side effects of FLOVENT DISKUS. For more information ask your doctor or pharmacist.

Call your doctor for medical advice about side effects. You may report side effects to FDA at 1-800-FDA-1088 or 1-800-332-1088.

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LIVE RICHLY

◀ p. 172 would be a guaranteed loan modification. But three months later, they received notice of foreclosure. “I couldn’t believe we had been scammed,” Julie says, her voice catching. “And we had absolutely no more money to throw at the problem. At that point, you can’t help but feel defeated.”

But Julie *wasn’t* defeated. She rebooted her search for help and found a nonprofit law firm, the Mississippi Center for Justice. Whitney Barkley, an Equal Justice Works AmeriCorps legal fellow there, had dealt with several foreclosure crises like the Dankos’ in the previous year. “We’ve filed complaints against the loan-modification company with the New York Attorney General’s office; that’s where the company is based,” Barkley says. “No company can guarantee a loan modification, no matter how much you pay them.” Julie also reached out to Hope Enterprise Corporation, a community development organization. They filed all the necessary documentation for a loan modification under the federal Home Affordable Modification Program, launched in 2009 to aid struggling owners. It was approved within days.

But winning their home back isn’t the end of the Dankos’ ordeal, since the loan modification knocked a mere \$32 off their monthly payment. “I’m working two jobs, and Matt is begging for as many overtime shifts as he can get; it’s still hard to come up with the money each month,” Julie says. “But we put so much work into this house, we’re going to fight to hold on to it any way we can.”

WHEN IN DOUBT, DON’T SIGN A THING

Just weeks before Marchelle Jacques-Yarde and Christopher Yarde were married in 2007, they bought their first home, a two-bedroom condo in Boston’s Mattapan neighborhood. They thought they were well prepared. Christopher,

“I couldn’t believe we had been scammed. At that point, you can’t help but feel defeated.” —Julie

an accountant, had run and rerun the numbers to make sure they could handle \$1,300 a month—the mortgage payment their lending agent confirmed for them. They even took a free four-day course for first-time homeowners.

The shock came at the signing in July 2007: Marchelle says the bank had tacked on private mortgage insurance for an extra \$300 a month, which tipped their payment into undoable territory. But they had already turned in the keys to their old apartment and had driven to the contract signing in a U-Haul packed

with all their stuff. “We thought we were too far in to back out, so we signed,” Marchelle says.

Now they tell all their friends to hire a lawyer when buying a home so they have someone on hand to read all the paperwork and look out for their best interests. “A lawyer probably would’ve advised us to walk away,” she says. “We would have lost the couple thousand dollars we put down as a deposit, but taking that hit would have been better than getting in over our heads.”

The next year brought a string of unexpected costs, including car repairs and surprise condo fees that ran into the thousands. The couple needed a loan modification, stat—but the application process took nine grueling months, and they were ultimately denied. Their home



Marchelle and Christopher

was auctioned the next day. Thankfully, no one bid high enough on it, so the property title was transferred to Fannie Mae.

An eviction notice followed—two days before Marchelle's 28th birthday. "I cried for days, and I lashed out at my husband," says Marchelle, who never thought they'd have such epic fights so early in their marriage. "There were bad days where I'd say, 'You promised to provide, and this doesn't look like providing.' I wish I could take back a lot of the things I said."

About five weeks before they were going to be kicked out, a grassroots organization that kept tabs on foreclosures in the area connected Marchelle with Boston Community Capital (BCC), a 27-year-old community development institution that has gained national attention for buying foreclosed homes and selling them back to their original owners with affordable payment programs. With BCC's help, the couple fought the eviction and brokered a deal in which BCC bought their condo for \$57,000 (a quarter of what it was worth

when they lost it) and sold it back to them for the same amount, with a new, 30-year fixed-rate mortgage and monthly payments of only \$949. "We found out just before our three-year anniversary," Marchelle says. "It felt like a fresh start."

But she knows there's still lots of work to do. "The foreclosure really damaged my credit score. It could take several years to

get it back up to a solid number," says Marchelle, who now works as a community outreach advocate for BCC and educates homeowners on its services. "I advise everyone to account not just for unlikely catastrophes but for minor financial setbacks that can derail your plans," she says. "And always remember: No matter what happens, you aren't alone in this fight." ®

MAKE SURE FORECLOSURE NEVER HAPPENS TO YOU

We asked Boston Community Capital, which has helped more than 100 Massachusetts homeowners fight foreclosure, what to do if you fall behind on your mortgage.

- **Contact your bank or mortgage company** as soon as your financial situation starts to nose-dive. Don't wait until you're about to miss a payment to ask for help.
- **Find a housing counseling agency** to advocate for you throughout the process by visiting NeighborWorks America at nw.org. For a list of other helpful resources, log on to redbookmag.com/foreclosures.
- **Keep your financial records organized.** Before speaking with your lender, gather your most recent mortgage statements, tax returns, pay stubs, and a spreadsheet of your household budget to show them you're a responsible borrower.
- **Tell your extended family what's going on.** Keeping everyone in the dark will only make you feel isolated—you'll need a strong support system to get through this.



New Maxwell House International

Toasted Hazelnut Cappuccino.

STOP YOUR WORLD.



The 4 best clutter cures

Don't sweat the small stuff; organize it. These fixes, using a few secretly brilliant household staples, will keep your life (and brain) in working order.

UTENSIL HOLDER



Give costume jewels a home. Your good pearls deserve real estate in the jewelry box, but stash those fun li'l impulse buys here. Tip: Poke earring backs through the mesh to keep them paired up.

SPICE RACK



Separate your nuts and bolts. And nails. And screws. Or, if you have furniture you assembled yourself, organize containers by item (coffee table, bedroom armoire, etc.) in case they need a quick fix.



It's tea time! You know when you're at a restaurant and the waiter shows you all the pretty tea packets, so nicely lined up? Well, here you go. (It works for kids' drink mixes too.)

No more hairy mess.

Keep rollers, clips, elastics, brushes, combs, and irons in one place, and we guarantee you'll never search the whole house for a hair tie again.



Be a crafting genius. Finally, a spot for beads, sequins, and all that other rainy-day lifesaving stuff. Now somebody pass the googly eyes, please!



A simpler, happier office. Get rid of the separate boxes of pushpins, rubber bands, labels, paper clips—doesn't a clean desk feel so nice?



7 ODORS SURRENDER TO FEBREZE FRESHNESS

SOFA STINK
MUSTY COAT
MILDew EW
MILDEW EW
MUSTY COAT
SMELLY DRAPES
ROVER ODOR
FOOT FUNK
PILLOW PEW



it's a breath of fresh air

febreze

HANGING BASKET



Got a chaotic closet?

Dangle this tiered basket filled with your belts, scarves, and clutches. If your guy gets jealous, give him his own for baseball caps and ties.



Nothing says spring like an outdoor shindig. And that holds for your kid's birthday party too. Hang this by the patio and their (adorable) grubby hands can't snag the goodies before you're ready.

BATH CADDY



Never forget your phone again. It's hard to leave the house without the essentials—sunglasses, keys, bills that need to be mailed—when they're staring at you from the entry table.

Make space on the playroom floor.

Use the big bottom basket to store chunky blocks, then fill the top tiers with other toy-box overflow.

Yum, the barbecue's ready.

And guess what? You don't have to run in and out of the house like Rosie from *The Jetsons*, grabbing napkins, utensils, and those little cob holders.



Oh, look. It's 5 o'clock! Time to grab your cocktail caddy and bring it outside for a margarita—or anything else you can stick a mini umbrella in. Bottoms up!

Discover new Tasty Treasures™ with cheese.



Cheese, love, and happiness. All in four new flavors.

Feed the Senses™

Trademarks owned by Société des Produits Nestlé S.A., Vevey, Switzerland



THE IMPERFECTIONIST

“My kids, ages 12 and 9, are always asking for five more minutes—on the Wii, cuddling in bed, playing with dogs in the pet store. I saw their ‘five more minutes’ as a way of defying me instead of doing what they were told. Then one day, I gave in. In the afternoon, we stopped at the pet store for five minutes. I let them play video games for five more minutes before bed. I let them cuddle in the morning, even if it meant they were a little late for school. It threw off our schedule but reminded me how much more important it is to be together than to be on time.” —MARINKA, 43, FOUNDER OF THE BLOG MOTHERHOODINNYC.COM

HOW TO REACH ANY GOAL

Get there faster with this tip from the new book *The Everygirl’s Guide to Life*, by Access Hollywood host Maria Menounos: Draw a line down the center of a piece of paper to create two columns. In the first column, write your ultimate goal—get a master’s degree, buy a car, lose 20 pounds, anything. In the second column, list your daily to-do’s. Then look it over and move down any item on the to-do list that hinders you from achieving your big-time dream. When you’re done, you’ll have a clearer idea of what activities and projects to prioritize in your life.

TIME SHAVERS

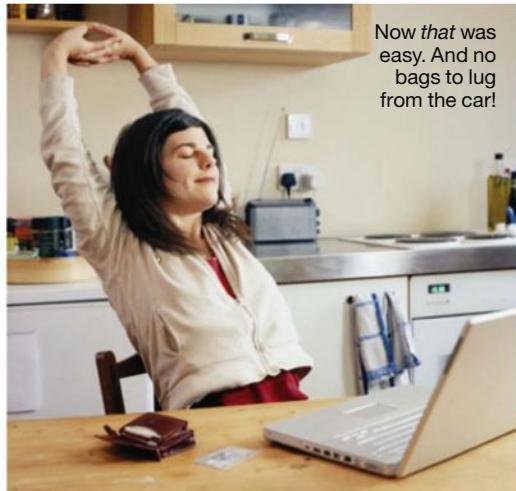
Win the errands race

● **Time them right.** Avoid long lines by hitting stores on Tuesday (the lightest shopping day, according to shopper trak.com, a site that measures retail traffic in 74 countries) and steering clear of them on Saturday afternoon and Thursday evening (the busiest times). Run errands right before you have to be somewhere so there’s no chance of wandering aimlessly, says Laura Vanderkam, author of *168 Hours: You Have More Time Than You Think*.

● **Keep an “errand” bag.** Place dry cleaning, library books, and other items you need to drop off in a bag in

your entryway closet or in the trunk of your car, suggests New Jersey-based organizing coach Stacey Crew. That way, you won’t forget them.

● **Shop from home.** Skip a trip to the store: Get your toiletries and more from alice.com. The site offers free shipping, automatically applies coupons, and can even notify you when you’re running low on a product. Other errands you can do from your couch: Fill prescriptions at drugstore.com; buy groceries at peapod.com or freshdirect.com; and buy stamps, print postage, or schedule package pickups from usps.com.



● **Put your phone to work.** Download these free time-saving apps: Find the quickest travel routes with AAA TripTik (for iPhone) and Google Maps Mobile (for BlackBerry and Android). Create checklists and set errand alerts with Errands To-Do List (iPhone) and Astrid Task/To-Do List (Android). Organize your shopping list by aisle for multiple stores with Grocery IQ.

Lost your cell? Deploy icantfindmyphone.com—it’ll ring it for you when you forget where you put it (totally handy if you don’t have a landline).

Shared by Catherine H., Lake Mary, FL



OREO

Happy Mother's Day from Milk's Favorite Cookie.

Share your Oreo moment with us, and we'll share it with the world. Facebook.com/oreo.

Oscar Mayer

This is serious bacon.
Seriously.

Oscar Mayer bacon is carefully selected and hand trimmed to be the best. But don't take our word for it – take a bite.



it doesn't
get better
than this

7 sweet and simple ways to support military families

More than 2 million Americans have served in Iraq and Afghanistan since 2001. You'll honor our troops (and the people who love them) by doing even one thing on this list.



Taryn Davis (far right), founder of the American Widow Project, with fellow widows at Arlington National Cemetery last Memorial Day.

1 Give hope to a new generation of young war widows. In May 2007, just 90 minutes after Taryn Davis spoke to her husband, Michael, an Army corporal in Iraq, he was killed by roadside bombs. She was racked with grief and desperate to talk to anyone who shared her experience, but, living far from a military base, she found no one. Finally, when Taryn couldn't identify any organizations dedicated to grieving young widows, she started her own: the American Widow Project (AWP). The non-profit hosts retreats at which widows and widowers can meet and share their stories. "I wanted to create a place where people don't have to candy-coat what they've been through—it can just be raw and honest," says Taryn, 25. Go to americanwidowproject.org and make a donation (or band together with friends) to help cover the \$350 cost of sending a widow to an upcoming AWP retreat.



Taryn and her husband, Michael, in 2006.

2 Follow the example of Second Lady Jill Biden. "As a military mom, I know how an act of kindness makes a difference to a soldier," Dr. Biden told REDBOOK.

"We can all play a role with a simple act of service. This spring the First Lady and I will launch a campaign to rally Americans to support and embrace military families." Enter your zip code at serve.gov/families.asp to find volunteer opportunities, like assisting at homecoming events.

3 Organize a baby-shower donation drive with your friends to gather supplies to create a "shower in a box" for one military mom-to-be. Then send the unwrapped items to Operation Shower, a nonprofit that's thrown showers for more than 500 military wives. For more info, go to operationshower.org/donation/donate.

4 Transfer some of your frequent-flier miles to Hero Miles, a program that provides free flights for injured soldiers' families to visit them in the hospital. Get details at fisherhouse.org/programs/heromiles.html.

5 Recycle old cell phones by donating them to Cell Phones for Soldiers, which sells the phones and then uses the funds to buy calling cards for troops. (Deployed soldiers are typically given only 15 minutes of free talk time a week.) The average resold phone buys a soldier 100 minutes of chatting. Print a free shipping label at cellphonesforsoldiers.com.

6 Adopt a soldier's pet until he or she gets home safely. Finding long-term, inexpensive care for animals can be a challenge for deployed soldiers. Apply to be a pet's foster family by signing up with the Military Pets Foster Project at netpets.org/netp/fosterhome.php.

7 Provide a little homeland security to a child whose parent is overseas. The nonprofit Operation Hug-A-Hero creates dolls designed with a head-to-toe photograph of the child's parent, free of charge. "My daughters carry the dolls with their dad's picture everywhere," says Jackie Dorr, whose husband is in Afghanistan. "It makes them feel closer to him." A donation of \$25 to operationhugahero.org is enough to put a huggable doll in one child's arms. —ALISON STORM

For moderate to severe RA

I HAVE RHEUMATOID ARTHRITIS.



Your results may vary. In medical studies, ENBREL was shown to be effective in about 2 out of 3 adults with moderate to severe rheumatoid arthritis (RA) who used it, and has been shown to begin working in as few as 2 weeks, with most patients receiving benefit within 3 months. In an RA medical study, 55% of patients had no progression of joint damage.

Please see Important Safety Information below and Medication Guide on the back of the following page.

ENBREL is indicated for reducing signs and symptoms, keeping joint damage from getting worse, and improving physical function in patients with moderate to severe rheumatoid arthritis. ENBREL can be taken with methotrexate or used alone.

IMPORTANT SAFETY INFORMATION

What is the most important information I should know about ENBREL?

ENBREL is a medicine that affects your immune system. ENBREL can lower the ability of your immune system to fight infections. Serious infections have happened in patients taking ENBREL. These infections include tuberculosis (TB) and infections caused by viruses, fungi, or bacteria that have spread throughout the body. Some patients have died from these infections. Your doctor should test you for TB before you

take ENBREL and monitor you closely for TB before, during, and after ENBREL treatment, even if you have tested negative for TB.

There have been some cases of unusual cancers reported in children and teenage patients who started using tumor necrosis factor (TNF) blockers before 18 years of age. Also, for children, teenagers, and adults taking TNF blockers, including ENBREL, the chances of getting lymphoma or other cancers may increase. Patients with RA or psoriasis may be more likely to get lymphoma.

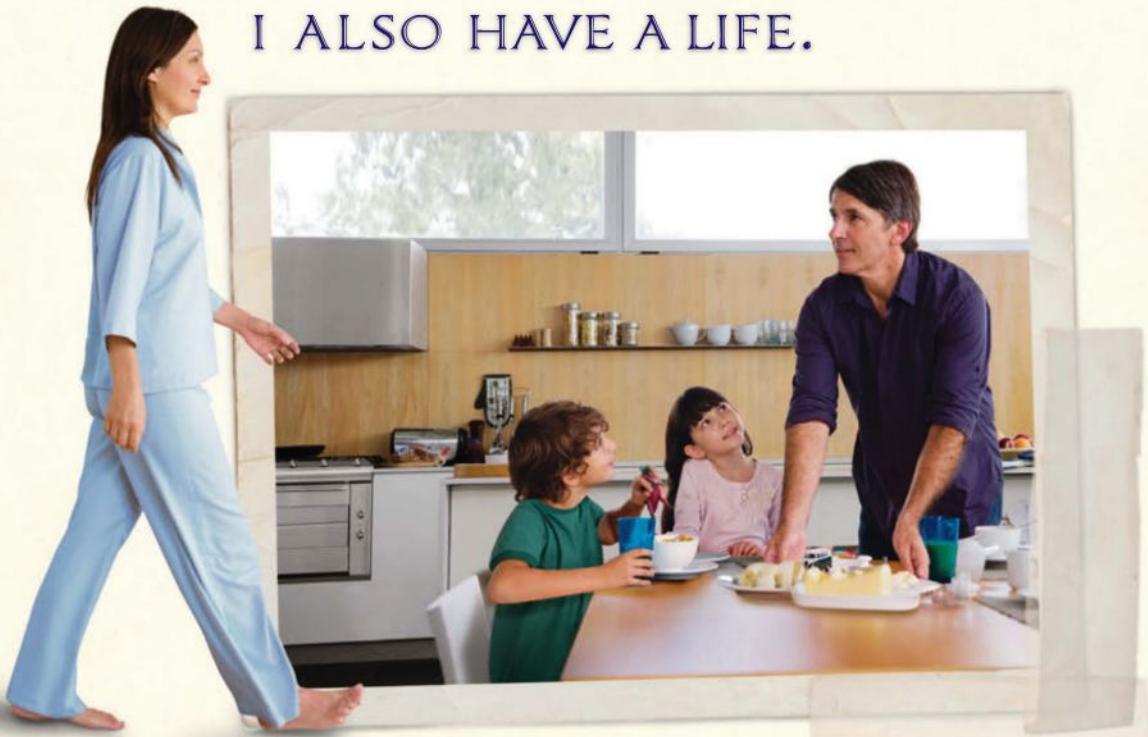
Before starting ENBREL, tell your doctor if you:

- Have any existing medical conditions
- Are taking any medicines, including herbals
- Think you have, are being treated for, have signs of, or are prone to infection. You should

not start taking ENBREL if you have any kind of infection, unless your doctor says it is okay

- Have any open cuts or sores
- Have diabetes or an immune system problem
- Have TB or have been in close contact with someone who has had TB
- Were born in, lived in, or traveled to countries where there is more risk for getting TB. Ask your doctor if you are not sure
- Live or have lived in certain parts of the country (such as, the Ohio and Mississippi River valleys, or the Southwest) where there is a greater risk for certain kinds of fungal infections, such as histoplasmosis. These infections may develop or become more severe if you take ENBREL. If you don't know if histoplasmosis or other fungal infections are common in the areas where you live or have lived, ask your doctor

I ALSO HAVE A LIFE.



If you suffer from moderate to severe RA, it can seem as though your life has been split in two. ENBREL can help bridge the gap.

ENBREL can reduce the pain, stiffness, and fatigue that's stopping you. It can also help keep joint damage from getting worse. ENBREL is given by injection. ENBREL was the first medicine of its kind approved for moderate to severe RA and is the number-one most prescribed biologic by rheumatologists for RA.* So you can experience another side of RA, and get closer to the life you want to live.

Ask your rheumatologist about ENBREL today. To learn about RA, ENBREL, and patient support call: 1-888-4ENBREL and visit Enbrel.com.

*Based on monthly prescription data from IMS NPA for September 2009 and a 6-month interval of NDTI data for projected drug uses as of August 2009 for biologic agents approved for moderate to severe RA.

- Have or have had hepatitis B
- Have heart failure
- Develop symptoms such as persistent fever, bruising, bleeding, or paleness while taking ENBREL
- Use the medicine Kineret® (anakinra), Orencia® (abatacept), or Cytoxan® (cyclophosphamide)
- Are taking anti-diabetic medicines
- Have or develop a serious nervous disorder, seizures, any numbness or tingling, or a disease that affects your nervous system such as multiple sclerosis or Guillain-Barré syndrome
- Are scheduled to have surgery
- Have recently received or are scheduled for any vaccines. All vaccines should be brought up-to-date before starting ENBREL. Patients taking ENBREL should not receive live vaccines.
- Are allergic to rubber or latex
- Are pregnant, planning to become pregnant,

- or breastfeeding
- Have been around someone with chicken pox

What are the possible side effects of ENBREL?
ENBREL can cause serious side effects including: **Infections**, including serious infections like TB; **hepatitis B** can become active if you already have had it; **nervous system problems**, such as multiple sclerosis, seizures, or inflammation of the nerves of the eyes; **blood problems** (some fatal); new or worsening **heart failure**; new or worsening **psoriasis**; **allergic reactions**; **autoimmune reactions**, including a lupus-like syndrome and autoimmune hepatitis.

Common side effects include: Injection site reactions, upper respiratory infections (sinus infections), and headache.

These are not all the side effects with ENBREL.

Tell your doctor about any side effect that bothers you or does not go away.

If you have any questions about this information, be sure to discuss them with your doctor. You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

Please see Medication Guide on the next page.



Get closer to the life you want to live



Medication Guide Enbrel® (en-brel) (etanercept)

Read the Medication Guide that comes with Enbrel before you start using it and each time you get a refill. There may be new information. This Medication Guide does not take the place of talking with your doctor about your medical condition or treatment. It is important to remain under your doctor's care while using Enbrel.

Enbrel is a prescription medicine called a Tumor Necrosis Factor (TNF) blocker that affects your immune system.

What is the most important information I should know about Enbrel?

Enbrel may cause serious side effects, including:

1. Risk of infection

Enbrel can lower the ability of your immune system to fight infections. Some people have serious infections while taking Enbrel. These infections include tuberculosis (TB), and infections caused by viruses, fungi, or bacteria that spread throughout their body. Some people have died from these infections.

- Your doctor should test you for TB before starting Enbrel.
- Your doctor should monitor you closely for symptoms of TB during treatment with Enbrel even if you tested negative for TB.
- Your doctor should check you for symptoms of any type of infection before, during, and after your treatment with Enbrel.

You should not start taking Enbrel if you have any kind of infection unless your doctor says it is okay.

2. Risk of cancer

- There have been cases of unusual cancers in children and teenage patients who started using TNF-blocking agents at less than 18 years of age.
- For children, teenagers, and adults taking TNF-blocker medicines, including Enbrel, the chances of getting lymphoma or other cancers may increase.
- People with rheumatoid arthritis or psoriasis, especially those with very active disease, may be more likely to get lymphoma.

Before starting Enbrel, be sure to talk to your doctor:

Enbrel may not be right for you. Before starting Enbrel, tell your doctor about all of your medical conditions, including:

Infections – tell your doctor if you:

- have an infection. (See "What is the most important information I should know about Enbrel?")
- are being treated for an infection.
- think you have an infection.
- have symptoms of an infection such as fever, sweats or chills, cough or flu-like symptoms, shortness of breath, blood in your phlegm, weight loss, muscle aches, warm, red, or painful areas on your skin, sores on your body, diarrhea or stomach pain, burning when you urinate or urinating more often than normal, and feel very tired.
- have any open cuts on your body.
- get a lot of infections or have infections that keep coming back.
- have diabetes, HIV, or a weak immune system. People with these conditions have a higher chance for infections.
- have TB, or have been in close contact with someone with TB.
- were born in, lived in, or traveled to countries where there is a risk for getting TB. Ask your doctor if you are not sure.
- live, have lived in, or traveled to certain parts of the country (such as the Ohio and Mississippi River valleys, or the Southwest) where there is a greater risk for getting certain kinds of fungal infections (histoplasmosis, coccidioidomycosis, blastomycosis). These infections may happen or become more severe if you use Enbrel. Ask your doctor if you do not know if you live or have lived in an area where these infections are common.
- have or have had hepatitis B.

Also, BEFORE starting Enbrel, tell your doctor:

- About all the medicines you take including prescription and nonprescription medicines, vitamins and herbal supplements including:

- ✓ **Orencia® (abatacept) or Kineret® (anakinra).** You have a higher chance for serious infections when taking Enbrel with Orencia® or Kineret®.
- ✓ **Cyclophosphamide (Cytoxan®).** You may have a higher chance for getting certain cancers when taking Enbrel with cyclophosphamide.
- ✓ **Anti-diabetic Medicines.** If you have diabetes and are taking medication to control your diabetes, your doctor may decide you need less anti-diabetic medicine while taking Enbrel.

Keep a list of all your medications with you to show your doctor and pharmacist each time you get a new medicine. Ask your doctor if you are not sure if your medicine is one listed above.

Other important medical information you should tell your doctor BEFORE starting Enbrel, includes if you:

- have or had a nervous system problem such as multiple sclerosis or Guillain-Barré syndrome.
- have or had heart failure.
- are scheduled to have surgery.
- have recently received or are scheduled to receive a vaccine.
 - ✓ all vaccines should be brought up-to-date before starting Enbrel.
 - ✓ people taking Enbrel should not receive live vaccines.
 - ✓ ask your doctor if you are not sure if you received a live vaccine.
- are allergic to rubber or latex.
 - ✓ the needle covers on the single-use prefilled syringes and the single-use prefilled SureClick® autoinjectors contains dry natural rubber.
- have been around someone with varicella zoster (chicken pox).
- are pregnant or plan to become pregnant. It is not known if Enbrel will harm your unborn baby.

- ✓ **Pregnancy Registry:** Amgen has a registry for pregnant women who take Enbrel. The purpose of this registry is to check the health of the pregnant mother and her child. Talk to your doctor if you are pregnant and contact the registry at 1-877-311-8972.

- are breastfeeding or plan to breastfeed. It is not known if Enbrel passes into your breast milk. You and your doctor should decide if you will take Enbrel or breast feed. You should not do both.

See the section "What are the possible side effects of Enbrel?" below for more information.

What is Enbrel?

Enbrel is a prescription medicine called a Tumor Necrosis Factor (TNF) blocker.

Enbrel is used to treat:

- **moderately to severely active rheumatoid arthritis (RA).** Enbrel can be used alone or with a medicine called methotrexate.
- **psoriatic arthritis.** Enbrel can be used alone or with methotrexate.
- **ankylosing spondylitis (AS).**
- **chronic moderate to severe plaque psoriasis in adults ages 18 years and older.**
- **moderately to severely active polyarticular juvenile idiopathic arthritis (JIA) in children ages 2 years and older.**

You may continue to use other medicines that help treat your condition while taking Enbrel, such as nonsteroidal anti-inflammatory drugs (NSAIDs) and prescription steroids, as recommended by your doctor. Enbrel can help reduce joint damage and the signs and symptoms of the above mentioned diseases. People with these diseases have too much of a protein called tumor necrosis factor (TNF), which is made by your immune system. Enbrel can reduce the effect of TNF in the body and block the damage that too much TNF can cause, but it can also lower the ability of your immune system to fight infections. See "What is the most important information I should know about Enbrel?" and "What are the possible side effects of Enbrel?"

Who should not use Enbrel?

Do not use Enbrel if you:

- have an infection that has spread through your body (sepsis).

How should I use Enbrel?

- Enbrel is given as an injection under the skin (subcutaneous or SC).

- If your doctor decides that you or a caregiver can give the injections of Enbrel at home, you or your caregiver should receive training on the right way to prepare and inject Enbrel. Do not try to inject Enbrel until you have been shown the right way by your doctor or nurse.
- Enbrel is available in the forms listed below. Your doctor will prescribe the type that is best for you.

- Single-use Prefilled Syringe
- Single-use Prefilled SureClick Autoinjector
- Multiple-use Vial

- See the detailed "Patient Instructions for Use" with this Medication Guide for instructions about the right way to store, prepare, and give your Enbrel injections at home.

- Your doctor will tell you how often you should use Enbrel. Do not miss any doses of Enbrel. If you forget to use Enbrel, inject your dose as soon as you remember. Then, take your next dose at your regularly scheduled time. In case you are not sure when to inject Enbrel, call your doctor or pharmacist. **Do not use Enbrel more often than as directed by your doctor.**

- Your child's dose of Enbrel depends on his or her weight. Your child's doctor will tell you which form of Enbrel to use and how much to give your child.

What are the possible side effects of Enbrel?

Enbrel can cause serious side effects, including:

See "What is the most important information I should know about Enbrel?"

- **Infections.** Enbrel can make you more likely to get infections or make any infection that you have worse. Call your doctor right away if you have any symptoms of an infection. See "Before starting Enbrel, be sure to talk to your doctor" for a list of symptoms of infection.

- **Hepatitis B infection** in people who carry the virus in their blood. If you are a carrier of the hepatitis B virus (a virus that affects the liver),

the virus can become active while you use Enbrel. Your doctor may do a blood test before you start treatment with Enbrel and while you use Enbrel.

- **Nervous system problems.** Rarely, people who use TNF-blocker medicines have developed nervous system problems such as multiple sclerosis, seizures, or inflammation of the nerves of the eyes. Tell your doctor right away if you get any of these symptoms: numbness or tingling in any part of your body, vision changes, weakness in your arms and legs, and dizziness.

- **Blood problems.** Low blood counts have been seen with other TNF-blocker medicines. Your body may not make enough of the blood cells that help fight infections or help stop bleeding. Symptoms include fever, bruising or bleeding very easily, or looking pale.

- **Heart failure** including new heart failure or worsening of heart failure you already have. New or worse heart failure can happen in people who use TNF-blocker medicines like Enbrel. If you have heart failure your condition should be watched closely while you take Enbrel. Call your doctor right away if you get new or worsening symptoms of heart failure while taking Enbrel, such as shortness of breath or swelling of your lower legs or feet.

- **Psoriasis.** Some people using Enbrel developed new psoriasis or worsening of psoriasis they already had. Tell your doctor if you develop red scaly patches or raised bumps that may be filled with pus. Your doctor may decide to stop your treatment with Enbrel.

- **Allergic reactions.** Allergic reactions can happen to people who use TNF-blocker medicines. Call your doctor right away if you have any symptoms of an allergic reaction. Symptoms of an allergic reaction include a severe rash, a swollen face, or trouble breathing.

• Autoimmune reactions, including:

- ✓ **Lupus-like syndrome.** Symptoms include a rash on your face and arms that gets worse in the sun. Tell your doctor if you have this symptom. Symptoms may go away when you stop using Enbrel.

- ✓ **Autoimmune hepatitis.** Liver problems can happen in people who use TNF-blocker medicines, including Enbrel. These problems can lead to liver failure and death. Call your doctor right away if you have any of these symptoms: feel very tired, skin or eyes look yellow, poor appetite or vomiting, pain on the right side of your stomach (abdomen).

Common side effects of Enbrel include:

- **Injection site reactions** such as redness, swelling, itching, or pain. These symptoms usually go away within 3 to 5 days. If you have pain, redness, or swelling around the injection site that doesn't go away or gets worse, call your doctor.

- **Upper respiratory infections** (sinus infections).

- **Headache.**

These are not all the side effects with Enbrel. Tell your doctor about any side effect that bothers you or does not go away.

Call your doctor for medical advice about side effects. You may report side effects to FDA at 1-800-FDA-1088.

How should I store Enbrel?

- Store Enbrel in the refrigerator at 36° to 46°F (2° to 8°C).

- **Do not freeze.**

- **Do not shake.**

- Keep Enbrel in the original carton to protect from light.

- Keep Enbrel and all medicines out of the reach of children.

General Information about Enbrel

Medicines are sometimes prescribed for purposes not mentioned in a Medication Guide. Do not use Enbrel for a condition for which it was not prescribed. Do not give Enbrel to other people, even if they have the same condition. It may harm them.

This Medication Guide summarizes the most important information about Enbrel. If you would like more information, talk with your doctor. You can ask your doctor or pharmacist for information about Enbrel that was written for healthcare professionals. For more information call, 1-888-4ENBREL (1-888-436-2735).

What are the ingredients in Enbrel?

Single-use Prefilled Syringe and the Single-use Prefilled SureClick Autoinjector:

Active Ingredient: etanercept

Inactive Ingredients: sucrose, sodium chloride, L-arginine hydrochloride and sodium phosphate

Multiple-use Vial:

Active Ingredient: etanercept

Inactive Ingredients: mannitol, sucrose, tromethamine

V5

Issue Date: 10/2010

This Medication Guide has been approved by the US Food and Drug Administration.

AMGEN®

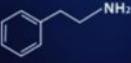
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"And yes, son, you still have a college fund!"

First, think beyond Disney

Remember, it's summertime not only for your family but for every family in America, which means the classic popular spots will be packed. "Brainstorm destinations that aren't on everyone else's list," says Jaime Samuels, publisher of the Travelzoo Top 20 newsletter and Newsflash email alerts. Cancún is always a hot spot, but the nearby Riviera Maya is quieter, with lots of great deals on family-friendly and all-inclusive resorts, many of which offer promotions allowing up to two kids to stay for free. Paris and other major European cities can be expensive in peak summer months, but prices tend to drop in

late August and early September. "Ski destinations in summer are also a fun, less expensive twist," says Angela Lyda, senior editor of travel-ticker.com. "You can go hiking with the kids in Aspen or do water sports in Lake Tahoe."

Check your networks

Social media is a great down-to-the-wire tool. "From discounts and giveaways to real-time travel deals, it's becoming easier to have other people bring information to you via Facebook or Twitter," Lyda says. On Facebook, you can "like" or "friend" travel sale aggregators such as Airfarewatchdog or Best Travel Deals. And if you needed

"OMG, I forgot to plan a vacation"

Everyone's buzzing about the summer plans they made... in February. You remain silent (and scream inside). But it's okay—just pretend you held off on purpose, because planning a trip late is the best way to find deals!

By Chantal Martineau

a good reason to join Twitter, now you have it: The site is loaded with discounts and last-minute bargains. Follow travel experts, websites, even hotels and airlines (@traveldeals and @JetBlueCheeps are two great resources). Also, search for popular hash tags like #TravelTuesday to find the latest offers.

Remember travel agents? Use one

If you don't have time to trawl websites, travel expert Mark Murphy recommends enlisting an agent to do the heavy lifting and help you weed out hidden charges, like resort fees for "complimentary" newspapers and gym



Mornings are a lot easier when they've had a good breakfast.

Everyone knows school can be a challenging place. That's why a nutritious start to the day is essential. Carnation® Breakfast Essentials™ Complete Nutritional Drink helps provide the protein, calcium and other nutrients your kids need to be their best.

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Here are some other things you'll never outgrow.



NEW!



Life is sweet. And with the introduction of our new lighter-than-air, vanilla creme-filled Cloud Cakes, it's getting sweeter all the time. Try them today along with your other favorite Little Debbie® snacks and unwrap a smile.®

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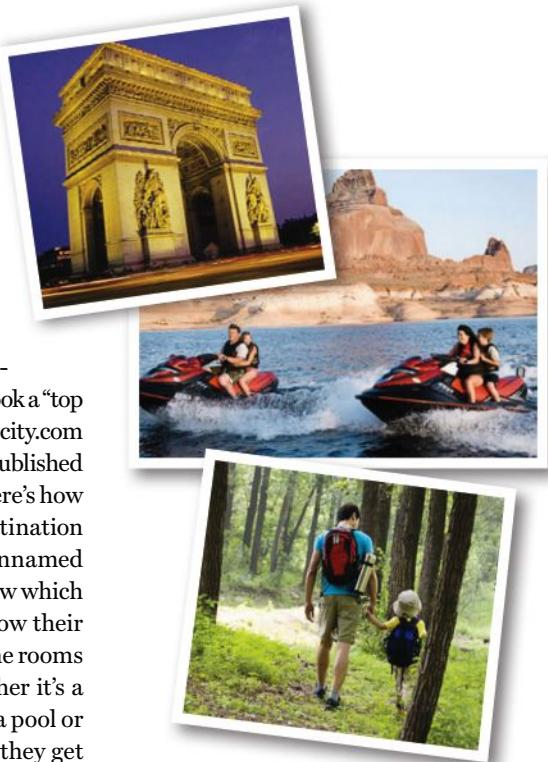
access. If surrendering all control freaks you out, check out Murphy's website, traveltribe.com, where you can post questions to agents and other experts who'll respond (for free) within 24 hours.

Go for a little bit of mystery

One way to save big on last-minute accommodations is to book a "top secret" hotel on sites like travelocity.com and lastminute.com, or an "unpublished rate" hotel on expedia.com. Here's how it works: You type in your destination and travel dates, and a list of unnamed hotels comes up. You won't know which ones they are, but you will know their star rating and details about the rooms and perks (for instance, whether it's a four- or five-star, and if it has a pool or spa). Hotels love this because they get to fill empty rooms without publishing superlow rates, and you win by saving what could be hundreds of dollars per night. With Travelocity's "top secret" option, you can save up to 55 percent on rooms in North, Central, and South America, and Expedia offers up to 50 percent off domestic hotels. Heading to Europe? Check out lastminute.com for half-off deals abroad.

Get a house, not a room

If hotels are booked because you, *ahem*, waited so long, consider a short-term home rental. Wyndham's new website, wyndhamrentals.com, features some 93,000 properties in nearly 100 countries. Traditional summer rentals are usually booked by late spring, but this site offers up to 50 percent off house rentals booked within two weeks of travel—perfect for tardy planners. We found private, cozy bungalows everywhere from the woods of North Carolina to the English countryside, plus gorgeous Tuscan villas. Or click on vacationrentals.com, which also lists domestic and international homes. In one quick search for spaces that sleep four, we found a swank New York City apartment starting at \$129 a night and a house in sunny Malibu for \$157 a night.



Follow the deals and you could end up posting vacay photos like these.

Snag deals on activities once you get there

Whether the kids are begging you to take them kayaking or your husband is dying to check out cool local restaurants, *don't* pay full price. Sites like groupon.com, travelzoo.com, livingsocial.com, and zozi.com are packed with discounts—huge, up-to-90-percent-off deals—on everything from spa packages to helicopter tours. Some bargains are only posted for a day (or until they sell out!), and many of them expire, meaning you have no choice but to book 'em last-minute. (Who's the pro planner *now*?) With a little clicking, here's what we found: In Austin, TX, \$40 Cirque de Soleil tickets for \$25 on Travelzoo's "local deals" page; in Orange County, CA, a \$70 dolphin and sea lion boat excursion for \$35 on zozi.com; in Honolulu, \$60 worth of food and drinks at Bluwater Grill for \$30 on groupon.com; and in several cities, including Kansas City, Cleveland, and New York City, 70 percent off movie tickets through Living Social. Looking for spa deals? Check out lifebooker.com for up to 60 percent off massages and more. Late planners always welcome! ®



Some things you **never** outgrow.



There's just something about the fresh-tasting goodness of a Little Debbie® snack that makes you feel like a kid again. It's not just one of life's simplest pleasures. It's also one of the sweetest. So, unwrap a smile. littledebbie.com

Little Debbie
Snacks

Bond with your besties this month over the shirtless gods in *Thor*, a classic rock goddess's return, and more.

WATCH IT

YOUR ANTIDOTE TO SUMMER BLOCKBUSTERS

Yes, you could line up with battalions of shuffling moviegoers as blockbuster season kicks off. Or you could sneak in under the radar and see this month's gem, already a fan favorite at film festivals:



The First Grader

The First Grader is based on the true story of a determined 84-year-old Kenyan man who goes back to school with 6-year-olds when the government offers free primary education for the first time. A must for anyone who loves a good inspirational flick, it's also surprisingly funny. Let your guy revel in *The Hangover 2*—and spend your hard-earned popcorn money here.

DOWNLOAD IT



The veteran and the indie

► **THE VETERAN:** Everything '70s is back, including **Stevie Nicks**. This month the singer and style icon releases *In Your Dreams*, her first album of new material in 10 years. Her smoky voice still mesmerizes as she delves into forbidden affairs and thwarted love.



► **THE INDIE:** Austin band **Okkervil River**'s latest album, *I Am Very Far*, plays like a Gothic romance novel: mysterious, dark, and strangely dreamy (we especially love the sexy "Hanging From a Hit"). It's a page-turner for your iPod.

KNOW ALL ABOUT IT

A SPEED DATE WITH IDRIS ELBA

You may remember him as Stringer Bell, a.k.a. the real reason so many women were hooked on HBO's *The Wire*. Now he's in the six-pack-ab fest *Thor*, playing a god (not much of a stretch!). So we talked...

• **Your fans around here want to know: What's it like being one of the sexiest men alive?** Whenever I am the sexiest man alive, I'll certainly let you know. But this morning when I woke up, that wasn't me.

• **Well, you play the Norse deity Heimdall in *Thor*, so at least let us know what it's like to be a god.**

[Laughs] Kenneth is one of the best directors I've worked with—it's quite an achievement to make a movie based on a comic book based on mythology into a realistic two hours of entertainment. But he did a phenomenal job.

• **You play a lot of bad boys on-screen. Are you one in real life?**

Playing them is satisfying. But I'm a decent fella—I never cross anyone unless they cross me first.

READ IT

2 GOOD-FOR-YOU READS

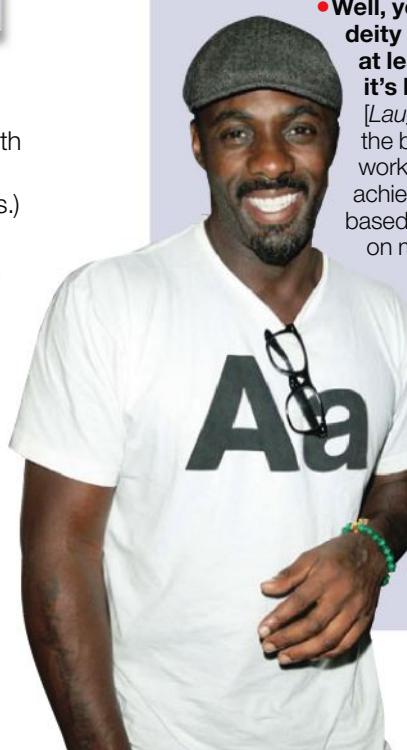
Barricade yourself in the bedroom with a great book—doctor's orders! Two of REDBOOK's favorite health contributors have written addictive new titles: In her memoir, *Paper*



Dollhouse, *The Doctors*'s Lisa Masterson reveals the truth about her itinerant, impoverished childhood ruled by a mercurial mother. (If you loved *The Glass Castle*, grab this.) And feed the kids before you settle in with journalist Sarah Jio's engrossing first novel, *The Violets of March*. This mystery-slash-love story will have you racing to the end—cries of "Mom, I'm hungry!" be damned.

WIN IT

It's *Top Gun*'s 25th anniversary, so bust out your Aviators and enter to win one of 30 copies of the anniversary-edition Blu-Ray (it also includes a digital copy). Enter at redbookmag.com/freebies. Value of each, \$24.99. See page 253 for details.



“THOSE
MUNCHIES
WILL NEVER KNOW WHAT
HIT ‘EM.”



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You submitted, you surveyed the hotness, you voted—and you won't be disappointed in the winner!



Just a few of the 2011 contenders. Adorable.



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exposed as
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Brilliant
Father's Day
gift ideas
(no, he doesn't
need another
stuffed-animal
golf-club cover)

You, your guy,
and **10 sexy**
things to try

And a **health**
alert every
American
woman
should read

HUSBANDS: COURTESY OF SUBJECTS (12); PADMA: ALBERT MICHAEL/STARTRAKSPHOTO.COM.

IMPORTANT SAFETY INFORMATION Continued

The dose of **BOTOX® Cosmetic** is not the same as, or comparable to, another botulinum toxin product.

Serious and/or immediate allergic reactions have been reported. These reactions include itchy rash, swelling, and shortness of breath. Tell your doctor or get medical help right away if you experience any such symptoms; further injection of **BOTOX® Cosmetic** should be discontinued.

Do not take **BOTOX® Cosmetic if you:** are allergic to any of the ingredients in **BOTOX® Cosmetic** (see Medication Guide for ingredients); had an allergic reaction to any other botulinum toxin product such as **Myobloc®** or **Dysport®**; have a skin infection at the planned injection site.

Tell your doctor about all your muscle or nerve conditions such as amyotrophic lateral sclerosis [ALS or Lou Gehrig's disease], myasthenia gravis or Lambert-Eaton syndrome as you may be at increased risk of serious side effects including severe dysphagia (difficulty swallowing) and respiratory compromise (difficulty breathing) from typical doses of **BOTOX® Cosmetic**.

Tell your doctor about all your medical conditions, including if you have: plans to have surgery; had surgery on your face; weakness of forehead muscles, such as trouble raising your eyebrows; drooping eyelids; any other abnormal facial change; are pregnant or plan to become pregnant (It is not known if **BOTOX® Cosmetic** can harm your unborn baby); are breast-feeding or plan to breast-feed (It is not known if **BOTOX® Cosmetic** passes into breast milk).

Tell your doctor about all the medicines you take, including prescription and nonprescription medicines, vitamins, and herbal products.

BOTOX® Cosmetic may cause loss of strength or general muscle weakness, or vision problems. **If this happens, do not drive a car, operate machinery, or do other dangerous activities.**

Other side effects of **BOTOX® Cosmetic include:** dry mouth, discomfort or pain at the injection site, tiredness, headache, neck pain, and eye problems: double vision, blurred vision, decreased eyesight, drooping eyelids, swelling of your eyelids, and dry eyes. For more information refer to the Medication Guide or talk with your doctor.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

Please refer to full Medication Guide on the following page.

By prescription only
1-800-BOTOX-MD

 **ALLERGAN**

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“Once You Get It, You Really Get It.”

Why millions of women have
experienced **BOTOX® Cosmetic**.

Proven year after year...with real, noticeable results. **BOTOX® Cosmetic** is a prescription medicine that is injected into muscles to temporarily treat moderate to severe frown lines between the brows of adults ages 18 to 65. Ask your doctor if **BOTOX® Cosmetic** is right for you. There's only one **BOTOX® Cosmetic**.

BOTOX®
—Cosmetic
onabotulinumtoxinA

There's only one BOTOX® Cosmetic

Results may vary. 8 out of 10 women
achieved clinically significant results
at day 30 in clinical trials.

Go to **BotoxCosmetic.com** now to find a doctor and sign up for exclusive
invitations, special offers, and great savings on treatments.

IMPORTANT SAFETY INFORMATION

BOTOX® Cosmetic may cause serious side effects that can be life threatening. Call your doctor or get medical help right away if you have any of these problems any time (hours to weeks) after injection of BOTOX® Cosmetic:

- **Problems swallowing, speaking, or breathing.** due to weakening of associated muscles, can be severe and result in loss of life. You are at the highest risk if these problems are pre-existing before injection. Swallowing problems may last for several months.
- **Spread of toxin effects.** The effect of botulinum toxin may affect areas away from the injection site and cause serious symptoms including: loss of strength and all-over muscle weakness, double vision, blurred vision and drooping eyelids, hoarseness or change or loss of voice (dysphonia), trouble saying words clearly (dysarthria), loss of bladder control, trouble breathing, trouble swallowing.

There has not been a confirmed serious case of spread of toxin effect when BOTOX® Cosmetic has been used at the recommended dose to treat frown lines.

See adjacent page for additional safety information associated with BOTOX® Cosmetic

MEDICATION GUIDE

BOTOX® and BOTOX® Cosmetic (Boe-tox) (onabotulinumtoxinA) for Injection

Read the Medication Guide that comes with **BOTOX®** or **BOTOX® Cosmetic** before you start using it and each time it is given to you. There may be new information. This information does not take the place of talking with your doctor about your medical condition or your treatment. You should share this information with your family members and caregivers.

What is the most important information I should know about BOTOX® and BOTOX® Cosmetic?

BOTOX® and BOTOX® Cosmetic may cause serious side effects that can be life threatening. Call your doctor or get medical help right away if you have any of these problems after treatment with BOTOX® or BOTOX® Cosmetic:

- **Problems swallowing, speaking, or breathing. These problems can happen hours to weeks after an injection of BOTOX® or BOTOX® Cosmetic** usually because the muscles that you use to breathe and swallow can become weak after the injection. Death can happen as a complication if you have severe problems with swallowing or breathing after treatment with **BOTOX® or BOTOX® Cosmetic**.
- People with certain breathing problems may need to use muscles in their neck to help them breathe. These patients may be at greater risk for serious breathing problems with **BOTOX® or BOTOX® Cosmetic**.
- Swallowing problems may last for several months. People who cannot swallow well may need a feeding tube to receive food and water. If swallowing problems are severe, food or liquids may go into your lungs. People who already have swallowing or breathing problems before receiving **BOTOX® or BOTOX® Cosmetic** have the highest risk of getting these problems.
- **Spread of toxin effects.** In some cases, the effect of botulinum toxin may affect areas of the body away from the injection site and cause symptoms of a serious condition called botulism. The symptoms of botulism include:
 - loss of strength and muscle weakness all over the body

- double vision
- blurred vision and drooping eyelids
- hoarseness or change or loss of voice (dysphonia)
- trouble saying words clearly (dysarthria)
- loss of bladder control
- trouble breathing
- trouble swallowing

These symptoms can happen hours to weeks after you receive an injection of **BOTOX® or BOTOX® Cosmetic**.

These problems could make it unsafe for you to drive a car or do other dangerous activities. See “What should I avoid while receiving **BOTOX® or BOTOX® Cosmetic?**”

There has not been a confirmed serious case of spread of toxin effect away from the injection site when **BOTOX®** has been used at the recommended dose to treat chronic migraine, severe underarm sweating, blepharospasm, or strabismus, or when **BOTOX® Cosmetic** has been used at the recommended dose to treat frown lines.

What are BOTOX® and BOTOX® Cosmetic?

BOTOX® is a prescription medicine that is injected into muscles and used:

- to prevent headaches in adults with chronic migraine who have 15 or more days each month with headache lasting 4 or more hours each day.
- to treat increased muscle stiffness in elbow, wrist, and finger muscles in adults with upper limb spasticity.
- to treat the abnormal head position and neck pain that happens with cervical dystonia (CD) in adults.
- to treat certain types of eye muscle problems (strabismus) or abnormal spasm of the eyelids (blepharospasm) in people 12 years and older.

BOTOX® is also injected into the skin to treat the symptoms of severe underarm sweating (severe primary axillary hyperhidrosis) when medicines used on the skin (topical) do not work well enough.

BOTOX® Cosmetic is a prescription medicine that is injected into muscles and used to improve the look of moderate to severe frown lines between the eyebrows (glabellar lines) in adults younger than 65 years of age for a short period of time (temporary).

It is not known whether **BOTOX®** is safe or effective in patients younger than:

- 18 years of age for treatment of chronic migraine
- 18 years of age for treatment of spasticity
- 16 years of age for treatment of cervical dystonia
- 18 years of age for treatment of hyperhidrosis
- 12 years of age for treatment of strabismus or blepharospasm

BOTOX® Cosmetic is not recommended for use in children younger than 18 years of age.

It is not known whether **BOTOX®** and **BOTOX® Cosmetic** are safe or effective to prevent headaches in patients with migraine who have 14 or fewer headache days each month (episodic migraine).

It is not known whether **BOTOX®** and **BOTOX® Cosmetic** are safe or effective for other types of muscle spasms or for severe sweating anywhere other than your armpits.

Who should not take BOTOX® or BOTOX® Cosmetic?

Do not take **BOTOX®** or **BOTOX® Cosmetic** if you:

- are allergic to any of the ingredients in **BOTOX®** or **BOTOX® Cosmetic**. See the end of this Medication Guide for a list of ingredients in **BOTOX®** and **BOTOX® Cosmetic**.
- had an allergic reaction to any other botulinum toxin product such as *Myobloc®*, *Dysport®*, or *Xeomin®*
- have a skin infection at the planned injection site

What should I tell my doctor before taking BOTOX® or BOTOX® Cosmetic?

Tell your doctor about all your medical conditions, including if you have:

- a disease that affects your muscles and nerves (such as amyotrophic lateral sclerosis [ALS or Lou Gehrig's disease], myasthenia gravis or Lambert-Eaton syndrome). See “What is the most important information I should know about **BOTOX®** and **BOTOX® Cosmetic?**”
- allergies to any botulinum toxin product
- had any side effect from any botulinum toxin product in the past
- a breathing problem, such as asthma or emphysema
- swallowing problems

- bleeding problems
- plans to have surgery
- had surgery on your face
- weakness of your forehead muscles, such as trouble raising your eyebrows
- drooping eyelids
- any other change in the way your face normally looks
- are pregnant or plan to become pregnant. It is not known if **BOTOX®** or **BOTOX® Cosmetic** can harm your unborn baby.
- are breast-feeding or plan to breastfeed. It is not known if **BOTOX®** or **BOTOX® Cosmetic** passes into breast milk.

Tell your doctor about all the medicines you take, including prescription and nonprescription medicines, vitamins and herbal products. Using **BOTOX®** or **BOTOX® Cosmetic** with certain other medicines may cause serious side effects. **Do not start any new medicines until you have told your doctor that you have received BOTOX® or BOTOX® Cosmetic in the past.**

Especially tell your doctor if you:

- have received any other botulinum toxin product in the last four months
- have received injections of botulinum toxin, such as *Myobloc®* (rimabotulinumtoxinB), *Dysport®* (abobotulinumtoxinA), or *Xeomin®* (incobotulinumtoxinA) in the past. Be sure your doctor knows exactly which product you received.
- have recently received an antibiotic by injection
- take muscle relaxants
- take an allergy or cold medicine
- take a sleep medicine

Ask your doctor if you are not sure if your medicine is one that is listed above.

Know the medicines you take. Keep a list of your medicines with you to show your doctor and pharmacist each time you get a new medicine.

How should I take BOTOX® or BOTOX® Cosmetic?

- **BOTOX®** or **BOTOX® Cosmetic** is an injection that your doctor will give you.
- **BOTOX®** is injected into your affected muscles or skin.
- **BOTOX® Cosmetic** is injected into your affected muscles.
- Your doctor may change your dose of **BOTOX®** or **BOTOX® Cosmetic**, until you and your doctor find the best dose for you.
- Your doctor will tell you how often you will receive your dose of **BOTOX®** or **BOTOX® Cosmetic** injections.

What should I avoid while taking BOTOX® or BOTOX® Cosmetic?

BOTOX® and **BOTOX® Cosmetic** may cause loss of strength or general muscle weakness, or vision problems within hours to weeks of taking **BOTOX®** or **BOTOX® Cosmetic**. **If this happens, do not drive a car, operate machinery, or do other dangerous activities.** See “What is the most important information I should know about **BOTOX®** and **BOTOX® Cosmetic**?”

What are the possible side effects of BOTOX® and BOTOX® Cosmetic?

BOTOX® and BOTOX® Cosmetic can cause serious side effects. See “What is the most important information I should know about **BOTOX®** and **BOTOX® Cosmetic**?”

Other side effects of BOTOX® and BOTOX® Cosmetic include:

- dry mouth
- discomfort or pain at the injection site
- tiredness
- headache
- neck pain
- eye problems: double vision, blurred vision, decreased eyesight, drooping eyelids, swelling of your eyelids, and dry eyes.
- allergic reactions. Symptoms of an allergic reaction to **BOTOX®** or **BOTOX® Cosmetic** may include: itching, rash, red itchy welts, wheezing, asthma symptoms, or dizziness or feeling faint.

Tell your doctor or get medical help right away if you are wheezing or have asthma symptoms, or if you become dizzy or faint.

Tell your doctor if you have any side effect that bothers you or that does not go away.

These are not all the possible side effects of **BOTOX®** and **BOTOX® Cosmetic**. For more information, ask your doctor or pharmacist.

Call your doctor for medical advice about side effects. You may report side effects to FDA at 1-800-FDA-1088.

General information about BOTOX® and BOTOX® Cosmetic:

Medicines are sometimes prescribed for purposes other than those listed in a Medication Guide.

This Medication Guide summarizes the most important information about **BOTOX®** and **BOTOX® Cosmetic**. If you would like more information, talk with your doctor. You can ask your doctor or pharmacist for information about **BOTOX®** and **BOTOX® Cosmetic** that is written for healthcare professionals. For more information about **BOTOX®** and **BOTOX® Cosmetic** call Allergan at 1-800-433-8871 or go to www.botox.com.

What are the ingredients in BOTOX® and BOTOX® Cosmetic?

Active ingredient: botulinum toxin type A
Inactive ingredients: human albumin and sodium chloride

Issued: 10/2010

This Medication Guide has been approved by the U.S. Food and Drug Administration.

Manufactured by: Allergan Pharmaceuticals Ireland a subsidiary of: Allergan, Inc.
2525 Dupont Dr. Irvine, CA 92612

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LOVE, KARD



What's real-est about reality TV's royal family? They truly love nothing—including bump-watch pressure,

ASHIAN STYLE!



one another, and they listen to their mom! That's why Scott haters, and plastic surgery rumors—gets them down.

THE FAMILY THAT PLAYS TOGETHER...

...raked in over \$65 million last year. From left, Khloé, Kourtney, mom Kris, Kim, Kylie, and Kendall show us how it's done.

I

t's never a good sign when your cover star is tweeting at 3 a.m. from a Golden Globes after-party, just three hours before she's supposed to be at a photo shoot for your magazine. But in the first surprise of many on the day of REDBOOK's May cover shoot, in walks Kim Kardashian, 15 minutes *before* her 6 a.m. call time, along with her sisters Kourtney and Khloé. Their younger half-sisters, Kendall and Kylie, and mom Kris follow close behind.

You see, the early bird gets the Kardashian: The girls are now an industry unto themselves, with four shows (*Keeping Up With the Kardashians*, *Kourtney & Khloé Take Miami*, *Kourtney & Kim Take New York*, and, in the works, *Khloé & Lamar*); two fragrances; ad campaigns for Sketchers, Sears, and Carl's Jr. (to name a few); their DASH clothing boutiques; and even Kardashian Silly Bandz, all adding up to an estimated \$65 million in income last year. Since, as Kris puts it, "I can't even keep up with my own Kardashians," the screech of dawn is the only time these ladies are available all at once. But if they're running on fumes from the night before, you'd never know: They hug, kiss, whisper, giggle, hold hands, and jump around like high school BFFs reunited after summer break, which brings us to...

Surprise #2: What you see on TV is what you get. These sisters are as bubbly and sweet with each other as they are on their shows. They burst into song. They share unironic group hugs. Though Kris is the brains behind The Kardashians brand, she'll tell you that she's first and foremost a devoted mother. "Our joy in life is that we always have each other," she explains. "So I've tried to teach my kids three things: love God, love your family, and love yourself." Her daughters all say they worship her (check out their Mother's Day cards on this and the following pages), not because she made them famous despite the fact that none of them act, sing, or dance, but because she has always put the

happiness, care, and comfort of her family first. And watching them together, it slowly dawns on us that...

DEAR MOMAGER...

With five gushy daughters, Kris has a greeting-card bonanza on Mother's Day. The girls let us peek at this year's batch.



Surprise #3: Maybe we don't know the Kardashians quite as well as we thought. We confirmed this after chatting with them throughout the shoot and in six (yes, six) follow-up calls and emails. So here is our May cover mashup—six Kardashian women, seven conversations, and way too many favorite moments to count.

How do you explain America's fascination with the Kardashians?

KHLOÉ: We are a real family. We don't sugarcoat anything. We're not the Brady Bunch, but we always put each other first. We love each other on camera, we cry on camera. I think people relate to the realness of it.

KOURTNEY: And there are so many of us, so there's at least someone in the family dealing with some kind of issue that the audience can connect to.

Do you ever get tired of living your life in front of the whole world?

KIM: There's nothing I'm really ashamed of, and I work hard on the show and all my other projects. I don't drink or do drugs, so I'm comfortable showing the world what my life is all about.

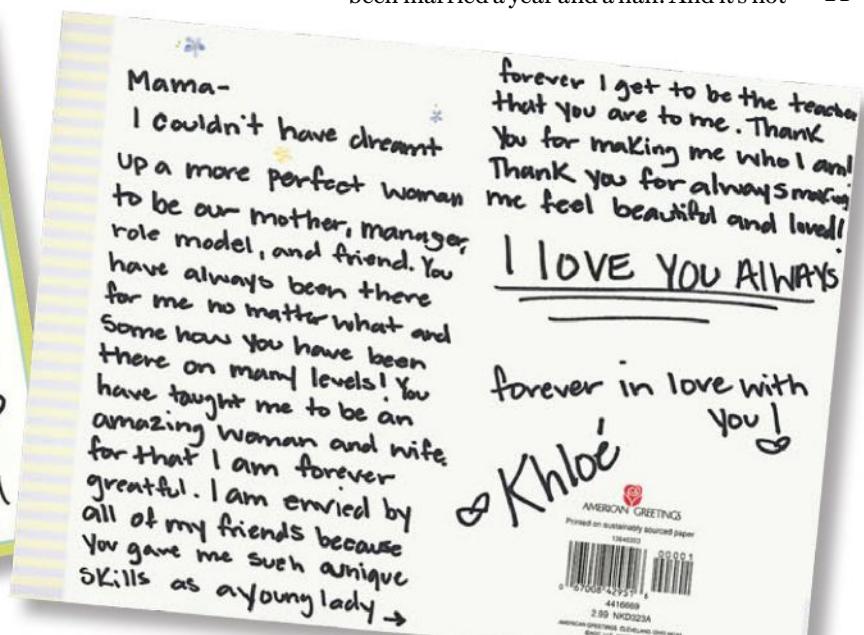
Is it difficult to have relationships, being as exposed as you are?

KIM: It's very tough. You have to find someone who's very secure, because the shows definitely escalate everything to a very exposed and vulnerable place. You have to have a strong bond with someone, so they understand that we can give the show what it needs without violating certain boundaries.

KOURTNEY: It can definitely be annoying that everyone in the family—and even people on the street—thinks they can comment. Once Scott and I were in New York, and someone screamed, "Oh, Kourtney, I love you.... Scott, I hate you!" People think that's what I want to hear, that they're on my side. And I'm like, "Nooo, that's the father of my child." Kim says people come up to her all the time and say, "Oh, I hate Scott," and she'll say, "How dare you talk about him that way!" It took a lot for Scott and me not to care about other people's opinions.

Khloé, what's it like to be the subject of a worldwide baby watch?

KHLOÉ: I know, it's crazy. And I almost feel like I disappoint people when I don't announce I'm pregnant. I'm like, "Stop with all the pressure." I find it very flattering that people care so much, and I want a baby too, but it has to happen when it's time, and it's in God's hands. I'm young; I'm 26, and I've only been married a year and a half. And it's not



that we're not trying to have a baby—it's just that we don't want to time it and take the fun out of it. I'm just learning that there are only a few days out of the month that are the key times, and if Lamar is on the road, we can't make the baby. I would love to be surprised, for it to just happen. That's how I feel now. But if a couple of years go by and I'm still not pregnant, maybe I would actually try something else.

Do you all want big families one day?

KHLOÉ: Definitely. I'm terrified by the idea of having the baby itself, but my mom's done it, and Kourtney's done it. I would love to have four kids. Lamar would like twins, and I say to him, "Sure, it's easy for you to say you want twins because those two babies aren't coming out of *you* at the same time!"

KIM: Definitely three or four kids. If you asked me earlier, I would have said five or six. But I'd have to start *now*. It would help to have a husband first!

Kris, what's your best mom memory?

KRIS: After 50 years of life, one of the best times I remember was the week I gave birth to Kourtney. People sent flowers, brought me cookies. I was a princess for a week, and I got this baby—oh, my God. I'm kind of a sentimental nut. I saved everything. Her first burp cloth. Her first slipper. I remember when Kylie grew out of diapers and I knew I was probably putting her last diaper on her. I had a meltdown. Bruce [Jenner, Kylie and Kendall's dad] was like, "Pull it together, honey. Why are you hysterical?" And I said, "Because this is the last diaper I'll ever put on a baby."

What are some of the biggest misconceptions about the Kardashians? Piers

Morgan was recently pretty critical about you all being famous for being famous.

KRIS: It's annoying when I hear, "What do your girls do?" Well, first of all, all of my daughters have jobs. They are fashion stylists and designers; they own a chain of stores. They had the stores before

they had the show. And my kids worked from the time they were 13 years old. So to me, that's a huge misconception—that the girls don't work. They work 25 hours a day. And that they don't have any talent? They might not be singers or dancers, but they certainly know how to produce a television show. Whether you want to call it talent or not, they have multiple shows on the air. [I want to say,] How many shows do *you* have?

Ladies, what's the best advice your mom ever gave you?

KHLOÉ: To be independent and strong, and a young lady. Like, all my friends—they don't know how to give dinner parties. They don't know how to cook or plan a party. [Kourtney starts laughing and Khloé asks why.]

KOURTNEY: 'Cause I'm the oldest, and I don't remember her ever teaching me.

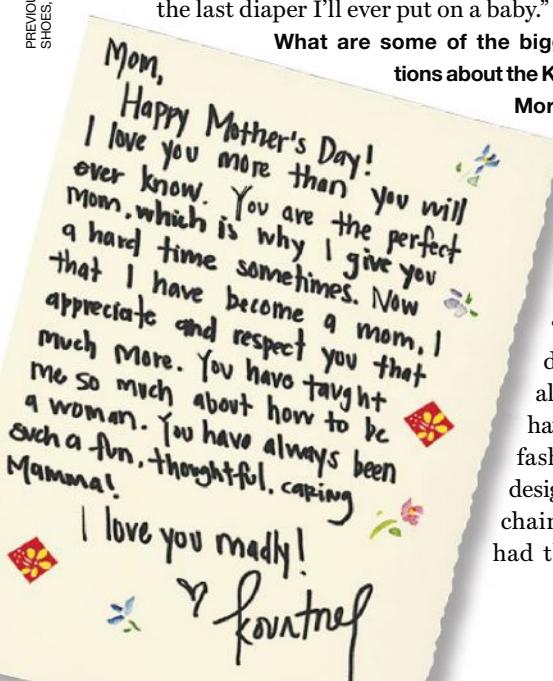
KENDALL [TO KOURTNEY]: I remember me and Kylie being little and you would only make us macaroni and cheese. And it was good. But it's kind of easy to make.

KOURTNEY: I know how to cook—I just don't. Very much.

KHLOÉ: My brother lived with Kourtney when my dad

LOVE AND KISSES

"I've raised my girls to understand right from wrong," Kris says. "And I trust that they know how to edit themselves. I really admire them as women."





“All of my daughters have jobs. They are fashion stylists and designers. So it’s a huge misconception—that the girls don’t work. They work 25 hours a day.”



THE FASHION BRIGADE

“As kids, we loved to pretend we were designing clothes,” Kim recalls. “Kourtney and I would play this game where she was Donna Karan and I was her assistant.” Here, Kim, 30, mom Kris, Kourtney, 31, Khloé, 26, Kendall, 15, and Kylie, 13, rock a closet’s worth of chic spring dresses and killer shoes.

◀ p.203 passed away. Kourtney would make his lunches, and it would be three Ritz crackers or, like, lima beans and tofu. Why in the hell would a 14-year-old boy want lima beans and tofu?

KOURTNEY: Well, I'd made him blueberry muffins for dinner the night before.

KHLOÉ: And he would call me and say, "I need someplace else to go. Kourtney's going to make me anorexic." [Laughing]

What did your parents do right?

KIM: My dad was the strict one, but he was still a lot of fun and always playing pranks. [Robert Kardashian was an attorney who most famously defended O.J. Simpson. He died of cancer in 2003.] He believed that blood is thicker than water. That's how we always lived, with a total allegiance and loyalty to one another. And even when my parents divorced and my mom married Bruce, we knew we were all going to be friends. Father's Day would be breakfast at my mom's house with my dad and Bruce, then Bruce and my dad would go golfing and the girls would stay home and hang out. Then we'd all go to a movie later. We were one big, happy family.

What was your mom like when you were little?

KOURTNEY: I always thought of her as high fashion and cool. She'd take me and my friends to breakfast in our pajamas.

KHLOÉ: She took our whole Brownie troop to San Diego instead of going camping because we were all afraid of the bugs and stuff. It was like *Troop Beverly Hills*.

Do you sisters look to one another for a different kind of support than you look to your mom for?

KHLOÉ: I'm really close with Kendall and Kylie because when they were born, Kourtney was in college, Kim was married, and I was living at home. So I had a strong hand in raising them. I was 15, and I was like a little mom. Now Kendall and Kylie confide in me. They told me when they started their periods. They come to me with boy problems.

KENDALL: If we get in fights, we call you.

KHLOÉ: Like, they'll call me before school and

Kendall will say, "Kylie has my jeans, and she's going to stretch them out." And I'm like, "Is this really a conversation we need to be having at 7 a.m. on a Monday morning?"

Do you guys fight with one another? Like really fight?

KHLOÉ: Kourtney and Kim didn't talk for a couple of months when Kim got married. [Kim married music producer Damon Thomas in 2000 at 19; the couple divorced three years later.] Kourtney told our parents because they didn't know.

KRIS: When Kourtney told me Kim was married, I said, "I can't believe it. Kim would never do this. Of course we would have a wedding if she wants to get married." But she didn't feel comfortable telling any of us because the situation wasn't meant to be. At the end of the day, you know you're not with the right person if he takes you to Vegas, marries you, and tells you not to tell your parents. Okay, *that's* shady.

When you do something your mom doesn't like, does she say so?

KOURTNEY: She definitely lets us know her two cents on every issue. I once went out of town and came home and my pantry had all different food in it. She was redoing her kitchen and put all her extra food in my pantry, and then threw out things she didn't think I used. Like tea that I drink every morning. So she's definitely very involved in everything. Even our pantries.

KHLOÉ: Mom used to wake me up at 8 a.m. and say, "You can't sleep past 8, you're ruining the day."

KYLIE: Sometimes I have to get up and lock the door to keep her out. [Laughing]

Is it hard for all of you to just chill?

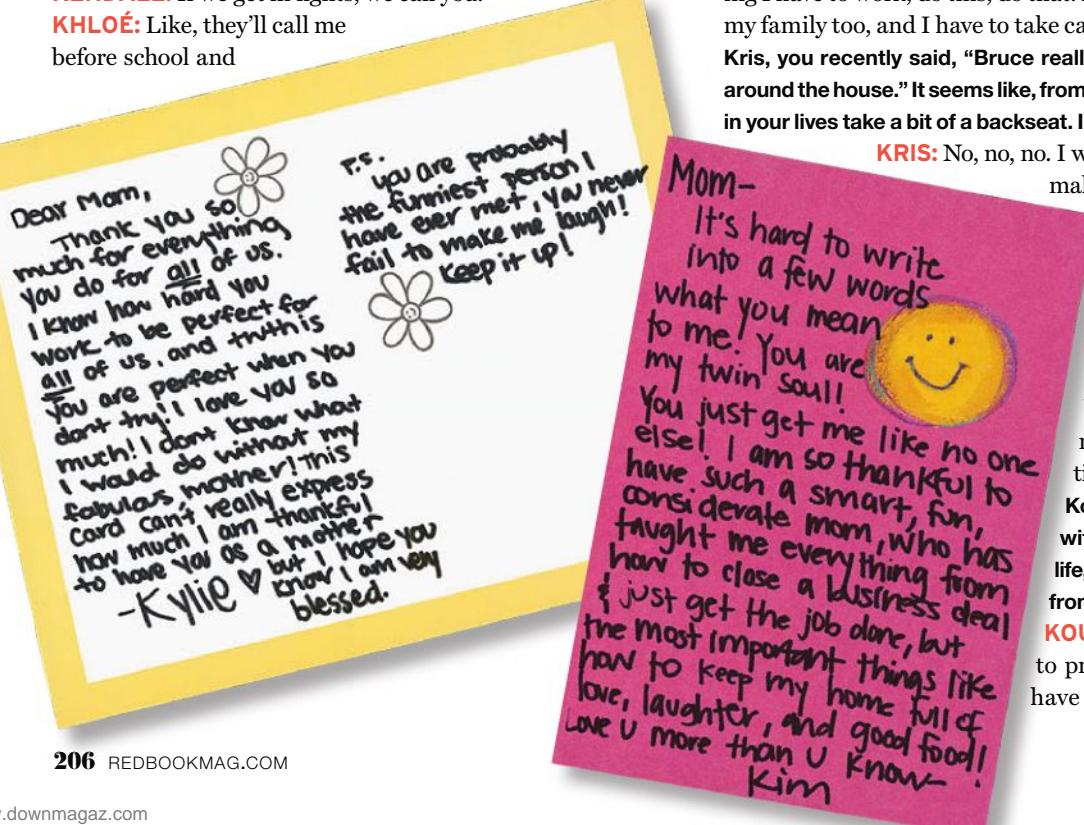
KHLOÉ: When I'm at home with Lamar, he's really good at helping me relax. He turns his phone off and doesn't even care. If I'm with him and we're at dinner and I'm on the phone, he tells me it's really rude, and that dinner is our time. And I'm happy that someone brings me back to reality. I need to learn that the phone and emails can wait sometimes. I'm always thinking I have to work, do this, do that. But he reminds me that he's my family too, and I have to take care of my family.

Kris, you recently said, "Bruce really doesn't have much to say around the house." It seems like, from watching the show, the guys in your lives take a bit of a backseat. Is that true?

KRIS: No, no, no. I was kidding about Bruce. We make all of our important decisions together. But he's learned, like many other men, that sometimes it's just not worth the battle. He doesn't care what's going on as long as I'm happy. I couldn't be with somebody who had me under his thumb all the time. That's not who I am.

Kourtney, are you comfortable with Mason living such a public life, or do you want to protect him from that?

KOURTNEY: I definitely want to protect him. I actually don't have him on camera anymore,



starting with our New York show. And I'm trying to keep him off camera for the new season of *Keeping Up With the Kardashians*. He might be playing on the floor in some footage or running around, but everyone knows now not to shoot him. It was a hard decision, because being a mom is my life, so not having him on camera is cutting out the most important part of my life.

What brought you to that decision?

KOURTNEY: When I'm out in public with him, at a restaurant or just walking down the street, people come up to us and always want to talk to Mason. I mean, I like that everyone is so friendly, but I don't want to confuse him. When people come up to us and want to take his picture, I always say no. I'm sure people are like, "Ugh, who does she think she is?" But that's my time with Mason. I realized I couldn't always please everyone, and Mason was most important. I'll get comments from viewers like, "You're eating breakfast on your show, and your son isn't there." The truth is I have a monitor with me at all times, and usually he's in another room napping. But some people think when they don't see me with him 24/7 that I'm out partying or something.

Does it bother you that people are obsessed with your looks? Kim, that people gossip about whether you've had plastic surgery?

KIM: It's so ridiculous that they think I'm having all this surgery. When you do that, there are bruises and recovery time, and I am out and about every single day.

KHLOÉ: No one can prepare you for that kind of media scrutiny—millions of people feeling like they have the right to tell you if you’re too fat or too skinny or too tall or too this or too that. I’ve been compared to my sisters my whole life, but my mom has always said, “You’re the tall one, and everyone loves to be tall.” My husband is so obsessed with my body; he loves it. He thinks my curves are womanly. Do I have days where my weight issues eat away at me and I get depressed? Of course. But they don’t last long. I’m not perfect. Just because I’m on TV, people think that I have 24/7 access to trainers and nutritionists. Oftentimes I don’t have the time or want to spend the money to do all that. I’ve learned that if I go to the gym and eat appropriately, I’m fine. I don’t need to fit into a mold.

What do you do to snap out of a bad-body-image day?

KHLOÉ: About two months ago, I was living my life, going to my husband's basketball games, where I eat kind of crappily—soda, chips, or kettle corn. That stuff adds up. In photos, I noticed I was looking a little more swollen. At first I thought they were taken at a bad angle, but five photos later, I realized I had to get something together. That didn't mean crash-diet or do some crazy detox. It meant that now I'll skip the snacks. I'll eat a healthy meal before a game so I'm not hungry. And in just a few days, my tummy was flatter, my face less swollen.

Let's talk hair for a minute. Rapunzel's got nothing on you ladies.

How do you maintain those long, luscious manes?

KHLOÉ: My dad died when I was 19, and I actually lost all of my hair. It wasn't alopecia; it was just really intense stress. When my hair grew back, it grew back less curly, but still wavy. I dye it dark—it's naturally blonde—because it looks healthier, and I think I look better with dark hair.

KOURTNEY: I'm pretty lucky because I can wash it, brush it, and it dries perfectly straight; I don't have to do anything more

GIRLS ON FILM

Kris, Kourtney, and Khloé reveal the show moments that taught them big life lessons.

KRIS

"The most powerful episode that makes me cry every time I watch it is Khloé and Lamar's wedding. I had nine days to plan it, and I really thought around day five that I'd have to check myself into a hospital and take 24 hours of vitamin injections. I was so emotional. The good news is that when I look back, I get to relive the memory, because that time was so crazy I don't remember it. The one great thing about having your own TV show is that you get really great home movies. I haven't picked up a camera in five years."



KOURTNEY

"Once when Scott and I were in Miami, we had a big, blowup fight. In a normal fight, he'd probably call a bunch of times and we'd talk it through and be fine. But when it airs on TV, and I over in all the reruns too, other people commenting on a fight that just fades up, and so do the feelings. It's like you end up working it out and truly resolving them."



KHLOÉ

"My DUI taught me a lot in the moment, but it also taught other people how stupid drinking and driving is. My little sisters and my brother saw that I made this mistake. By airing it on national TV, I embarrassed myself, but people could see the consequences. Am I proud of it? No. Would I want it edited out? No. I think it taught a life lesson."



than that to it. If I want big, glamorous hair, I can't even begin to try and do it myself, so I don't. I just put it up in a bun or a ponytail or a little braid.

KIM: I don't wash it every day, which protects it from damage.

Kris, do you ever get tired from all that you have going on?

KRIS: Yes, I do. I get tired and obviously overwhelmed at times. You know, everybody does. But that's why God made 5 o'clock and a glass of wine. I'm looking forward to Season 26—*Kylie Gets Married*. How's that? ®



Smile! It's Saturday

There's something magical about Saturday mornings. No race family time, pancakes, and bacon, *definitely* bacon. It's already

A close-up photograph of a man and a woman lying in bed. The woman, with dark hair and a slight smile, is the focal point, resting her head on the man's shoulder. The man, with a beard, is sleeping peacefully behind her. They are surrounded by white pillows and a teal and white patterned duvet. The lighting is soft and warm.

On Amanda: Camisole, Mary Green,
\$69. Pants, Love Tanjane, \$98.
Bedding: Sham, \$39.95, queen duvet,
\$149.95, both Z Gallerie. Sheet set,
Lands' End, \$149.50.

morning

to the school bus. No 9 o'clock meeting. Just laid-back
so good, but we've got 17 ways to make the day even better.

Photographed by Grace Huang

All across the world—

listen—can you hear the sound of a long, slow exhale? It's Saturday. The weekend has started. And families who have been ships passing one another in a fog of business meetings, sports practice, homework, and errands suddenly, wondrously, have nowhere in particular to be.

Saturday mornings, oh joyous Saturday mornings, the alarm is silent. It's my absolute favorite time. Sacred time. If I have my way, the whole day will stretch in front of us, free and empty. Everything begins with my husband, who invariably wakes up first, coming back to bed carrying giant mugs of tea. It's our delicious moment alone, when we have no reason to leap out from the sea of blankets and pillows. Then my daughters, 11 and 13, troop in, gloriously sleepy, and pile onto our big bed to doze, cuddle, and chat about school, friends, and everything else that we somehow missed during carpools and rushed dinners. They've done this forever. Even when they were babies, I'd carry them in from their cribs when they woke. There's a special connectedness that happens there, a family in a bed, socks on our feet, no agendas to tend to.

Of course, there will be a day when my husband and I have the bed to ourselves again. In the blink of an eye, my

girls will be women, and they'll be somewhere else on Saturday mornings. So I hold them even closer now.

Breakfast is almost always crepes, sprinkled with lemon juice and sugar. I make the batter from scratch, and when the girls were little I used to pour it out into funny shapes for them. Now they do that part. Ritual and tradition seem to matter as much to them as to the adults of the house. I have the suspicion that these moments will be what they remember of us and our time together. It was that way for me: My mother made the same crepe recipe when I was a child, and I remember her showing me how to shape them. It's a clear memory in a way the weekdays of my youth are not. Most of what was beautiful about my own childhood—and, I imagine, many childhoods—happened in those quiet, housebound hours.

Monday through Friday, our lives are full of other people. But Saturdays are about the simple satisfaction of being together. I like to think that other families all over the planet are doing the same things we are, a collective pause in their pajamas, their hair unbrushed, savoring every second.

—ELIZABETH NOBLE, BEST-SELLING AUTHOR OF *THE READING GROUP* AND THE NEW NOVEL *WHEN YOU WERE MINE*

It's family time!

(Maximize the happiness.)

► **Don't ignore the warm body next to you.** "The best gift you can give your kids is a strong marriage," says relationship therapist Laura Berman, Ph.D., host of the OWN show *In the Bedroom With Dr. Laura Berman*. "So why not set the alarm clock for 20 minutes of alone time?" If you're thinking, *Um, I'd rather be sleeping*, at least "cuddle in bed for five minutes before starting your day," Berman says.

► **Put "hang out" on the calendar—in Sharpie.** "Research links family leisure time with emotional bonding," says Eli Karam, Ph.D., president-elect of the Kentucky Association for Marriage & Family Therapy. "Blocking out three hours together even one Saturday a month can keep you in sync."

► **Ditch the cruise-director act.** You've had breakfast—now what? "The most fun activities come about in the moment," Karam says. There's nothing wrong with throwing the gang a few options, but everyone should have a vote, and try to stifle the urge to Get Things Done. A rousing game of Bananagrams? Building the best sofa-fort known to man? Sounds pretty great to us!

► **Know when it's time to go.** All this said, if you stay in your pj's too long, you risk an ugly case of cabin fever. The best way to avoid inertia is to fill your travel mug with coffee and grab some fresh air, says Rebecca Cohen, author of *15 Minutes Outside*. "If your kids are little, take them on a walk around the block to collect rocks," she says. If they're older, have a "walk and talk" session where you plan the rest of your day... on foot.



It isn't just cute—a French press also nets you tastier coffee. It traps in coffee oils better than the standard drip. French press, Bodum, \$39.95.

at

If our models look like they just go together, it's because they do! Meet Amanda Montoya, her husband, Quetzal Saunders, and their cutie pies, Marley, 5, and Luna, 6 months. On Amanda: Shirt, Alkemy, \$68. Necklace, Jane Basch, \$180. Bracelets, Ettika (left), \$36, Bare Collection (right), \$221. On Quetzal: T-shirt, Friend or Foe, \$45. On Marley: Pajama set, Hatley, \$29.99. On Luna: Romper, Pink Chicken, \$42. Rug: West Elm, \$119.





Pour the sauces all over, or keep 'em on the side for dipping (perhaps the best option if your munchkin insists on eating with his hands!).



Doesn't that yellow stuff look good? It's lemon curd, which is fantastic on pancakes. Serve store-bought (we like Stonewall Kitchen) or go to redbookmag.com/lemoncurd and make our yummy recipe.



What, didn't you hear? Calories don't count on Saturdays!

Brown-sugar bacon... Mmm.

Heat oven to 400°F. Line 2 baking pans with foil. Place a wire rack (like the one you put cookies on to cool) on each pan; spray the rack with cooking spray. In a shallow pie plate, combine 1/2 cup light brown sugar and 1 tsp freshly ground black pepper. Separate 1 lb thick-sliced bacon into strips and brush both sides with a thin coat of Dijon mustard. Add bacon slices to sugar mixture, rubbing it in well. Arrange slices in a single layer on racks. Bake, turning bacon once, until sugar mixture has caramelized, about 30 minutes. Don't eat it so fast that you burn your tongue. *Makes about 12 slices.*

Pancake buffet!

Start with your go-to batter, whether you make it from scratch or from the box. (Hey, it's Saturday—you do what you want.) Then add some more flavor with mix-ins, and when you're done flipping, drizzle on toppings that will make you say, "Aunt Jemima who?"

First, add some of these to your batter

FRESH FRUIT berries, mango, cherries, peaches, pears, bananas, grated orange zest or lemon zest

DRIED FRUIT cranberries, raisins, chopped figs or dates

NUTS chopped pecans, walnuts, almonds

CHOCOLATE CHIPS white, dark, milk—or butterscotch

SPICES cinnamon, nutmeg, cardamom

EXTRACTS vanilla, chocolate, almond, coconut

Then top it all off with a delicious sauce

Chocolate sauce

In a microwave-safe bowl, combine 4 oz semisweet chocolate (about 1/2 cup chocolate chips) and 1 Tbsp unsalted butter. Microwave 1 to 1 1/2 minutes, then whisk until smooth. In a saucepan, heat 1/2 cup heavy cream over medium heat and bring just to a boil. Whisk cream into melted chocolate until smooth. Stir in 2 tsp vanilla extract. *Makes 1 cup.*

Strawberry-raspberry sauce

In a medium saucepan, heat 1/2 cup seedless raspberry jam over medium heat until it liquefies, about 3 minutes. Add one (10- to 12-oz) bag frozen unsweetened strawberries and 1/4 cup confectioners' sugar to jam and cook over low heat, 5 minutes, until berries are softened but still chunky. *Makes 2 cups.*

Bananas Foster sauce

In a skillet, melt 4 Tbsp unsalted butter over medium heat. Add 1/2 cup dark brown sugar, stirring 3 minutes until sugar dissolves. Add 1/4 cup heavy cream, reduce heat to low, and stir in 1 tsp vanilla extract, 1 Tbsp rum or 1 tsp rum extract, and 1/4 tsp ground cinnamon. Add 4 firm-ripe bananas, sliced diagonally, to skillet and cook until heated through, about 2 minutes. *Makes 2 cups.*

—RECIPES BY BARBARA CHERNETZ

MUSWELL HILL BDY
MUSWELL HILL HAMPDEN ROAD



On Quetzal: Jeans, J Brand, \$198. On Amanda: Top, Divine Wear, \$55. Cardigan, Eileen Fisher, \$168. Shorts, United Colors of Benetton, \$49. Socks, L.L.Bean, two pairs for \$18.95. Green pillow: Crate & Barrel, \$29.95. Patterned pillow: Grandin Road, \$69.



Your 4-minute face

Yes, that's all the time you should take getting ready on a Saturday. You're pretty as it is!

► **Minute 1:** Skip the shampoo. Flip your head over and massage your scalp to rough up your roots. Then flip your head back and twist hair at the nape of the neck or slightly to the side and tie with an elastic for a messy-cute ponytail.

► **Minute 2:** Cleanse and moisturize your face as you normally would, then use a highlighting pen to downplay any red spots (we like The Body Shop Lightening Touch, \$14). For a little extra brightness, sweep it under eyes, on browbones, and across the top of cheekbones.

► **Minute 3:** Add a sheer, bet-you-can't-tell-I'm-wearing-makeup flush to cheeks and lips with a creamy multitasker like Sephora Lush Flush Lip & Cheek Stain, \$12. Just dab it on with your finger and blend.

► **Minute 4:** Give the eyelash tools a rest and instead add some oomph to your lashes with a curling mascara, like Maybelline XXL Pro Curl Mascara, \$7.99. And with that, you're done.

Turn up the volume!

Food Network star Tyler Florence likes to start his Saturdays party-style with his wife, Tolan, and their kids, Hayden, 3, and Dorothy, 2. "It's a celebration," says Tyler, whose new book, *Start Fresh: Your Child's Jumpstart to Lifelong Healthy Eating*, is out next month. "We turn on the music, bring their toys into the kitchen, and cook together. It sets a magical tone for the whole day." Check out their playlist.

"My Little Girl," Jack Johnson
"Big Rock Candy Mountain," Burl Ives
"Lovely, Love My Family," The Roots
"I Like to Move It," Will.I.Am
"I'm a Gummy Bear," Gummibär
"Broadcast," Finley Quaye

"Mill Valley," Miss Abrams and the Strawberry Point Fourth-Grade Class

"Come On Eileen," Dexys Midnight Runners

"Umbrella," Rihanna

"Baby," Justin Bieber ("It's because the kids like it," says Tyler. "This is *their* playlist, I swear!")

The *Ratatouille* soundtrack



On Amanda: Shirt, Trovata, \$102. Jacket, Lands' End Canvas, \$60. Necklace, Asha Patel, \$225. Bracelets BaubleBar (top), \$24, Ettika (bottom), \$24. Belt, Linea Pelle, \$70. Jeans, H&M, \$49.95. Purse, Hunter Boot, \$575. Clogs, No.6, \$260. On Quetzal: Shirt, American Eagle Outfitters, \$39.50. Sneakers, New Balance, \$75. On Luna: Hat, Pink Chicken, \$16. Dress, 77kids by American Eagle, \$34.50. Jacket, \$36, leggings, \$19, both Zutano. Socks, Lazoo, three pairs for \$9.99. On Marley: Shirt, Lazoo, \$12.99. Hoodie, 77kids by American Eagle, \$29.50. Indoor rug: Lands' End, \$99.50. Doormat: Pier 1 Imports, \$24.95.

Fashion editor:
Audrey Slater
See shopping guide,
last pages, for details.



Are you *that* couple

It's a truth of the modern age: Couples can be twice as annoying when of their relationship on Facebook. It was time for a new social media

RULE #1 Keep it clean, would ya?

Actual Facebook exchange: Mindy*: "Missin' you, Sexy Pants! Can't wait to rip them off. Hope you're having a blast! xoxo." Mike: "Yes please! Can I get extra meat with those buns?" Mindy: "Tongue-GASM!" We gag, and you are equally skeeved: Sixty-six percent of readers say they've been thoroughly repelled by a friend's sex-life or relationship update—8 percent have even blocked the person or defriended them. "When I see my friend's sexy status updates, I can never get those visuals out of my head. Spare us the details, please!" says Karin Slyker, 37. Bottom line, says Stephanie Roberts Stafford, 50: "My mother used to tell me, only people who aren't getting any talk about it. If you are satisfied, there is no reason to share."



Tina Oversharer

Breakfast in bed, great orgasms, and a day off work—best morning ever!

Every day at, like, 6:15 a.m. · [Dislike](#) · [Cringe](#) · [Block](#)

CAN YOU
BELIEVE THIS
POST?

RULE #2 Enough with the photos!

Not even your mom wants to scroll through hundreds of snooze-inducing travel photos of you, him, and you and him. "Please do not post 500-plus vacation/honeymoon pictures," says Kimberly Gauthier, 39. "It cracks me up! Does anyone actually look at all these photos?" (If you're hurting for pic storage, try Flickr or Picasa Web Albums.) Another Facebook offense that readers hate: "Pictures of grown men and women showing extreme displays of affection toward one another give me the creeps," says Amy Patterson McPherson, 49. "I expect this from teens who don't know any better, but make-out sessions between adults? Not Facebook material!"

Italy is for lovers

We had the best time ever in Italy. Here are 2,041 images for your viewing pleasure! Check out #456: It's so funny, and sideways.



RULE #3 Don't post when you can just speak.

Facebook can literally make you feel like a fly on the wall of someone else's home. (This true-life example floored us: Jane: "Good Morning." Dick: "MAKE THE COFFEE." Jane: "You're all caps...you're yelling at me." Dick: Please make coffee...whispering...) Thankfully, only 6 percent of readers have posted some little request like "Hey, could you pick up some milk?" on their guy's wall. "Why are you posting when they're right in front of you?" asks Christina Nguyen, 30. "Don't people talk? If it's something that can be said over the phone, for goodness sake, log off Facebook and dial the number. Sitting together at dinner and being more preoccupied with the Internet—uh, there's a problem there!"

WHAT WARRANTS A POST TO YOUR GUY'S WALL?

65%

HIS BIRTHDAY

49%

OUR ANNIVERSARY

27%

A NOTE TO TELL HIM I LOVE HIM

46%

A LINK TO A FUNNY WEBSITE

29%

NOTHING. I SEE HIM EVERY DAY!

on Facebook?

they air the dirty, drippy, oh-no-you-didn't details rule book, so REDBOOK readers wrote one.

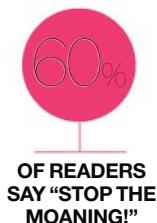


RULE #4 No joint profiles. (We're looking at you, "JudyNJohn.")



First step: a shared Facebook account—what's next, matching jammies (see above)? "I can't comprehend why a couple would share an account," says Veronica Javor, 27. "Two separate people equals two separate profiles. It reminds me of that episode of *Sex and the City* when that couple got married and their wedding invite said, 'Two people, two hearts, one thought.'" Adds Lori Harasem, 39, "When you have a 'couples' account, I don't know who is actually reading and replying to my comments!" Other problematic logistics: "It's so confusing—one day, I saw it was a friend's birthday, so I texted her to say happy birthday, but it was really her husband's," says Kristen Miller, 32. "Awkward!"

RULE #5 Go light on love-life gripes.



The only thing more cringe-worthy than sexy statuses? Mean ones: Sixty percent of you are turned off when people whine about their partners via Facebook—and 9 percent have blocked or unfriended someone because of it. "I had a friend who went off on her husband," says Kelli Krafsky, 43. "From what I could tell from the endless swearing, he wasn't doing enough for her. It was really uncomfortable to read these posts. Poor guy isn't even on Facebook, so he didn't have a clue." Adds Karin Slyker, 37: "My husband and I agreed never to air our dirty laundry online. Once it's out there, you cannot take it back!"



Barbara Bitters

I'm so done with this bulls--t I bust my ass and get nothing in return, im not a doormat im not ur maid or ur cook im tired of the lies im fed up.

Every other day at 7:26 p.m. · Dislike · Call a therapist · Block



Jane Crankyshoes

is wishing things could just get better. Husband is driving her NUTTS! Same s--t different day!

Saturday at 7:35 a.m. · Dislike · Shake your head · Block

GUESS SHE'S
HAD IT!

ACTUAL
POST, CURSING
DELETED

SPLIT DECISION

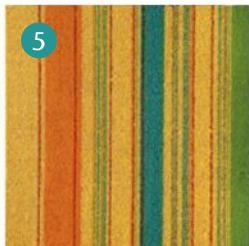
Mushy messages: cute or creepy?

Readers were divided in our poll: Half feel like schmoopie-pants updates are sweet, while the other half find them icky. Says one reader, "This is fully barf-worthy: My friend's boyfriend wrote on her wall, 'Love you, bubs. I know you're downstairs watching *Dancing With Stars*, but I miss youuuu. Come upstairs!' And then two minutes later she writes back, 'aww Love you too, Boo!' It makes me want to stab out my own eyes with a pencil!" What do you think? Weigh in at redbookmag.com/facebookdebate—and while you're at it, tell us what you think of the other Facebook rules!



1 dream room,

We know what you're thinking: *Can I play too?* With just a few big pieces of furniture, tons of storage (no toys all over the rug!), and a non-traditional palette, this pretty playroom is enough to make any grown-up jealous.



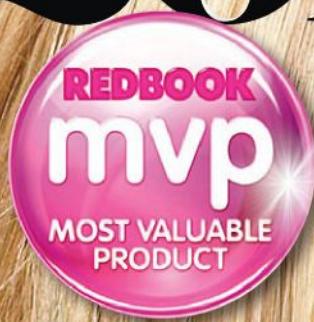
- 1 Store coloring books in this funky basket, or use it as a supercute trash can. Recycled newspaper magazine basket, \$24; pier1.com.
- 2 Anyone can curl up on this modern chair, including Mom! Arne Jacobsen Swan chair, \$474; lexingtonmodern.com.
- 3 A ceramic side table doubles as a seat and adds texture. Garden stool, \$195; instyle-decor.com.
- 4 Install bright handles on whatever cabinetry you've got for a transformative shot of fun. Glass pull, \$15; hotknobs.com.
- 5 Assemble a rug that fits your space with floor tiles. Striped Poodle 19.7-inch-square Flor tiles, \$13.99 each; flor.com.
- 6 Hide art supplies or game pieces in bold boxes. Bigso Stockholm document box, \$12.99; letter box, \$9.99; containerstore.com.
- 7 A lean desk lamp is perfect for subtle lighting—or homework time. Industrial task table lamp, \$59; westelm.com.
- 8 Framed fabrics make for punchy and affordable art. Marimekko Juhannustaika fabric, \$60; finnstyle.com.
- 9 This sculpture-y little guy doubles as a puzzle! Topozoo Evolutionary safari animal puzzle set, \$30; uncommongoods.com.
- 10 Colorful bins are a great alternative to a toy box. I Think I Canvas bin, \$7.95; landofnod.com.
- 11 Stacked cubes make for easy, low shelving. Cubes with door, \$36.99 each; open cubes, \$24.99 each; organize.com.
- 12 Hands down, this ginormous bear will be the favorite place for everyone to snuggle. Bridget the Bear, \$120; giantstuffedanimals.com.
- 13 Mix-and-match patterned pillows give the space a low-key cool. Flora pillow, \$39; homedecorators.com.
- 14 A well-placed piece of green brings life to the room.
- 15 Turn your TV into art with a moving screensaver or digital family photos.

15 real ideas



CUBES: PHOTOGRAPHED BY PHILIP FRIEDMAN/STUDIO D. ALL OTHER STILLS: COURTESY OF MANUFACTURERS.

2011's most beauty



We gathered a panel of industry pros (all frenzied working moms with high expectations) to single out the most effective, brilliant, ingenious new beauty products. They tested, dabbed, spritzed, and brushed until they looked like extras out of *Moulin Rouge!* And the MVPs go to...

valuable products



BEST EYESHADOW

Make Up For Ever Professional Aqua Cream, \$22

Crease-proof, smudge-proof, and foolproof—eureka! “The shades are neutral and easy to apply with a finger,” raved beauty blogger Nuy Cho.

BEST DAYTIME FRAGRANCE

Vera Wang Preppy Princess, \$60

Don't be fooled by the Muffy-esque name and pink bottle. “This smells light, fresh, and spring-like, but it's not a little-girl scent at all,” said superstar REDBOOK reader (and beauty junkie) Cheri Ambrose.

BEST LIP GLOSS

Chanel Rouge Allure Extrait de Gloss, \$32

“These have a glossy finish but don't feel at all sticky—they're just incredibly sophisticated,” said makeup artist Gita Bass. And the colors couldn't be prettier.

BEST PRIMER

Shiseido Refining Makeup Primer SPF 21, \$30

“It evened out my skin tone and made my complexion look tighter, smoother, and poreless,” said makeup artist Ana Marie Rizzieri. For ever-practical dermatologist Amy Wechsler, “The sunscreen is a huge plus.”

BEST SHAMPOO

L'Oréal Professionnel Série Expert Delicate Color Shampoo, \$23 “It's sulfate-free, and my hair felt clean without a lot of lather,” said hairstylist Jennifer Lawrence.

BEST HAIR TREATMENT

Fekkai Essential Shea Ultra Rich Mask, \$30

“I've been dyeing my hair since I was 13—this hydrated my ends like a salon treatment,” said beauty blogger Bailey Vincent Clark.

BEST EYELINER

Stila Stay All Day Waterproof Liquid Eye Liner, \$20

Most of us were skittish about liquid liner, but this user-friendly, superfine-tipped pen put our fears to rest. Completely Bare Spa owner Cindy Barshop gushed, “I'm not usually a fan, but this knocked my socks off. The teal blue shade is to die for!”



WE THREW A PRODUCT-TESTING PARTY! Our judges blew through hundreds of fragrances, nail polishes, and

Skin &

BEST SELF-TANNER Rodial Brazilian Tan Airbrush Instant Self-Tanning Spray, \$49

"It developed into a deep, even, natural tan that didn't fade for days," Barshop said. Tarte Cosmetics founder Maureen Kelly liked "the 360-degree nozzle, which sprays a light mist that prevents streaking. And it has a slight tint that shows you where you're applying it."



BEST FACE EXFOLIATOR Dr. Dennis Gross Skincare Alpha Beta Extra Strength Peel, \$85 "I like the two steps: You control how long the peel works because you decide when to put on the neutralizing pads," said dermatologist Doris Day. Added Kelly, "Your skin tingles, so you know it's working!"

BEST BODY MOISTURIZER Kiehl's Creme de Corps Soy Milk & Honey Whipped Body Butter, \$35

"It absorbed quickly and didn't make my skin greasy," said handbag designer

Camila Alves, who will host our 2011 Beauty MVPs awards ceremony. She also loved how "delicious" it smelled: "Almost good enough to eat!"



BEST ANTIAGING SERUM

Olay Regenerist Micro-Sculpting Serum, \$24.99

"This serum has solid science to back it up," Day said. "It's perfect for on top of a prescription retinoid because it won't interact with it, but it has soothing ingredients to reduce irritation and flakiness." Said Clark, "It felt silky and made my skin glow, even without makeup."

BEST BRIGHT NAILCOLOR OPI Nail Lacquer in Do You Think I'm Tex-y?, \$8.50

"It's a brilliant pop of sunshine!" raved spa owner Marie Scalogni-Watkinson.



BEST NIGHTTIME FRAGRANCE Estée Lauder Sensuous Noir, \$60

"This would be great for an evening out or a special event," said Solyntjes of this striking (but not overpowering) purple-rose and night-blooming floral blend.

BEST FACE CLEANSER Avon Anew Platinum Cleanser, \$15

"This creamy, gentle cleanser didn't dry out or irritate my sensitive skin," said beauty blogger Kari Solyntjes. And all of our testers said it left their faces feeling hydrated but squeaky clean.



BEST MOISTURIZER WITH SPF

Aveeno Smart Essentials Daily Moisturizer with SPF 30, \$14.99 "It didn't leave a pasty residue on my face," said dermatologist Ellen Marmur of this antioxidant-fortified sunscreen. "Even better, I put it on my kids, and they weren't grossed out!"



makeup colors (thank you, baby wipes), then took loads of skin-care and hair stuff home for longer trials.

nails

The top-ranked in antiagers, body pamperers, and nailcolor—plus one sexy head-to-toe scent.

BEST NIGHT CREAM

RoC Multi Correxion Lift Anti-Gravity Night Cream, \$29.99 "It's like an overnight face-lift!" Rizzieri said of this cream containing glycolic acid, shea butter, and vitamin E. "In the morning, I swear my skin looked firmer and younger."



BEST NEUTRAL NAILCOLOR

Essie Topless & Barefoot, \$8 "It looks great after just one coat," said hairstylist Tippi Shorter. "And it dried fast and *lasted*." "A truly nude shade that's just opaque enough," added Wechsler.



BEST BODY WASH

Dove Visible Care Renewing Crème Body Wash, \$7.99 "It felt like whipped cream and left my skin baby soft," Solyntjes said. Added manicurist Roxanne Valinoti, "The big bottle is so economical. A little went a *long* way."



BEST MAKEUP REMOVER

Benefit Remove It Makeup Remover, \$21 Besides the cute-as-heck packaging, our judges liked how this sweet-smelling, oil-free remover cut through stubborn waterproof makeup in just a couple of swipes. "It removed all my mascara and didn't sting my eyes," Cho said.

BEST ACNE TREATMENT

SkinCeuticals Blemish + Age Defense, \$78 "It cleared up a zit on my face literally overnight," Marmur said. (Two other testers had the same result!) As for the hefty price tag: "The ingredients are so concentrated, you don't need to use a lot."



BEST EYE CREAM

Prevage Eye Ultra Protection Anti-aging Moisturizer SPF 15, \$98 "It seemed to make my crow's-feet disappear on contact," Ambrose said of this cream, which is infused with superpotent antioxidant idebenone.

THE PROFESSIONALS

Meet our panel of expert (and very opinionated) judges



CAMILA ALVES
MODEL AND DESIGNER OF THE MUXO HANDBAG LINE



CHERI AMBROSE
REDBOOK READER, PANEL STAR, AND BEAUTY-PRODUCT MAVEN



CINDY BARSHOP
OWNER OF COMPLETELY BARE SPAS AND NEW CAST MEMBER OF *REAL HOUSEWIVES OF NEW YORK*



GITA BASS
MAKEUP ARTIST WHO'S WORKED WITH DEBRA MESSING AND TONI COLLETTE



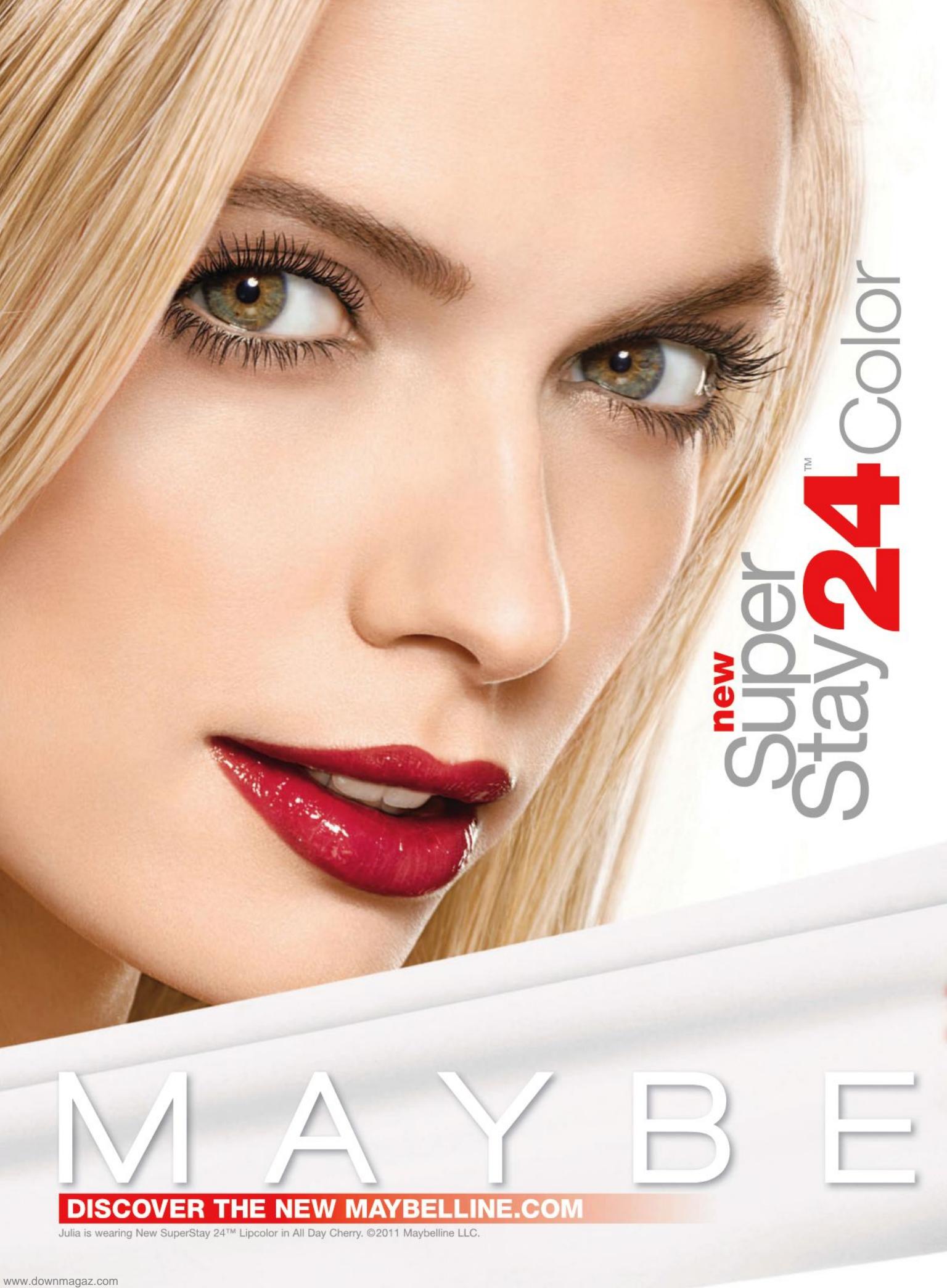
DR. DIANE BERSON
ASSISTANT PROFESSOR OF DERMATOLOGY AT WEILL MEDICAL COLLEGE OF CORNELL UNIVERSITY



TRAE BODGE BEAUTY PRODUCT DEVELOPER, MAKEUP ARTIST, AND COFOUNDER OF THREE CUSTOM COLOR SPECIALISTS



NUY CHO CREATOR OF BEAUTY BLOG NYUBEAUTY.COM

A close-up, high-contrast photograph of a woman's face. She has blonde hair, green eyes with dark pupils, and is wearing a bright red, glossy lip color. The lighting is dramatic, highlighting her features against a plain, light background.

new
SuperStayTM**24** Color

M A Y B E

DISCOVER THE NEW MAYBELLINE.COM

Julia is wearing New SuperStay 24™ Lipcolor in All Day Cherry. ©2011 Maybelline LLC.

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WITH MICRO-FLEX

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N E W Y O R K



Hair

The gold medalists in washing, conditioning, treating, and styling.

BEST DRY SHAMPOO Göt2b Fat-tastic

Dry Shampoo, \$5.99 Lawrence loved using this on clients as a stylist: "I sprayed it at the roots to add lift. It isn't powdery, so it actually adds shine."



BEST SHINE BOOSTER Alterna

Bamboo Smooth Kendi Oil Pure Treatment Oil, \$24 "It was amazing for my curly hair," Alves said. "It controlled frizz and made it shiny but not greasy. Plus, I love the natural ingredients."



BEST HAIRSPRAY Serge

Normant Meta Luxe Hair Spray, \$25 "The fine mist didn't make my hair stiff or sticky," Cho said. And the subtle scent is brilliantly non-hairsprayish.



BEST CONDITIONER Pantene Pro-V

Medium-Thick Hair Solutions Frizzy to Smooth Conditioner, \$3.99 Testers will all hair types were obsessed. "It's very moisturizing but doesn't weigh hair down," said colorist Laurie Talbott.



BEST LEAVE-IN CONDITIONER René Furterer Okara New Radiance

Enhancing Spray, \$26 "This conditioning spray is very lightweight and has UV protection to preserve hair color," said beauty blogger Erika Valente, who lives in Kauai. "Great to stick in my beach bag and use after swimming."



BEST CURL DEFINER Carol's Daughter Hair

Milk The Original Curl Definer, \$20 Loaded with natural emollients such as shea butter and sweet almond oil (no wonder it smells delish), "it prevented frizz and added control and shine to my thick, curly hair," Shorter said.



BEST VOLUMIZER Privé Concept Vert

Volumizing Froth, \$24 "It's a little green powerhouse," said Valente of this non-aerosol, paraben-free mousse in a mini bottle. "And the small size means it's great for travel."



BEST FLYAWAY FIGHTER John Frieda Full

Repair Touch-up Flyaway Tamer, \$9.99 "A feather-light serum in a mascara tube—genius!" Shorter exclaimed. "This added shine and tamed flyaways, and it's perfect to stash in your purse for touch-ups."

BEST FRIZZ BUSTER

Garnier Fructis Pure Clean Smoothing Cream, \$4.89 A cross-panel fave, it tamed frizz without leaving hair limp—"a solid choice if you want a natural styling product," Cho said.

BEST CURLING IRON **Keratin Complex 4-in-One Keratin Curling System, \$159** All of our hair pros went nuts for this gizmo. "The four detachable barrels save room in my bag," Shorter said. "It's literally four irons in one."



BEST BLOW DRYER

Brazilian Heat After Dark blow dryer, \$120

"Powerful, lightweight, and easy to hold," said Talbott, "with stronger heat than a cheapie."



BEST FLAT IRON

T3 Single Pass Compact Flat Iron, \$79

Just 8.5 inches long, it made hair smooth and shiny in a single pass. Said Lawrence, "The curved sides let me create movement on ends."

THE PROFESSIONALS



BAILEY VINCENT CLARK CREATOR OF BEAUTY BLOG MAKEOVERMOMMA.COM



DR. DORIS DAY DERMATOLOGIST AND CLINICAL ASSISTANT PROFESSOR OF DERMATOLOGY AT NEW YORK UNIVERSITY



MAUREEN KELLY FOUNDER AND C.E.O. OF TARTÉ COSMETICS



DR. AUDREY KUNIN DERMATOLOGIST AND PRESIDENT OF DERMADOCTOR INC.



JENNIFER LAWRENCE SENIOR HAIRSTYLIST AT LOUIS LICARI SALON IN NEW YORK CITY



DR. ELLEN MARMUR CHIEF OF DERMATOLOGIC AND COSMETIC SURGERY AT MOUNT SINAI MEDICAL CENTER IN NEW YORK CITY



ANA MARIE RIZZIERI MAKEUP ARTIST WHO'S WORKED WITH ROSE BYRNE AND CAREY MULLIGAN



MARIE SCALOGNA-WATKINSON OWNER/SPA EVENT DIRECTOR OF SPA CHICKS ON THE GO

CLARK KELLY: COURTESY OF SUBJECTS.



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*When used in a brushing test measuring breakage and a combing test compared to a non-conditioning formula. ©2011 Garnier LLC



Face

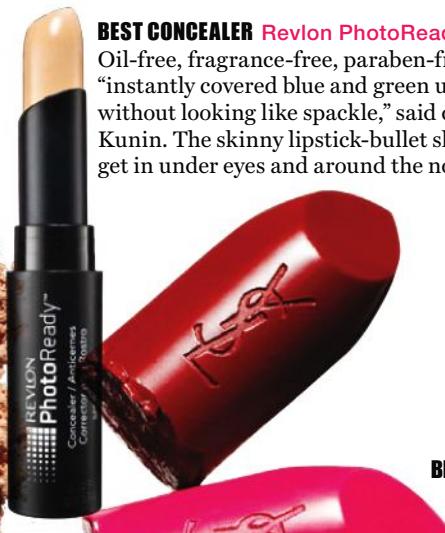
Champion skin perfectors and makeup picks.

BEST FACE POWDER

Laura Mercier

Mineral Finishing Powder, \$32

"It's matte but very sheer, not caky or heavy," said dermatologist Diane Berson of this talc- and oil-free formulation. "It made my skin look fresh—not freshly powdered."



BEST BRONZER

Dr. Hauschka Powder Duo, \$34 "I'm always afraid that bronzer will turn me Jersey Shore orange," said Valente of this jumbo version (diameter: three inches).

"But the Cool Breeze shade combo made my pale skin look really healthy."



BEST TINTED LIP BALM

Burt's Bees Tinted

Lip Balm, \$6.99

"It has a wonderful texture, pretty colors, and feels nourishing," said Trae Bodge, cofounder of Three Custom Color Specialists. Rizzieri even multitasked her favorite shade, Red Dahlia, as a cheek tint!



BEST FOUNDATION

DiorSkin Nude

Natural Glow Crème-Gel Makeup

SPF 20, \$48 Judges praised the "sheer, silky texture and luminous finish" of this compact foundation. "I got compliments when I wore it," said makeup artist Ashunta Sheriff, who used Dark Beige 050. "A lot of foundations appear ashy on deeper skin tones, but this one looked completely natural."



BEST CONCEALER

Revlon PhotoReady Concealer, \$10.99

Oil-free, fragrance-free, paraben-free (and SPF 20!), it "instantly covered blue and green undertones in my skin without looking like spackle," said dermatologist Audrey Kunin. The skinny lipstick-bullet shape makes it easy to get in under eyes and around the nose.

BEST LIPSTICK

YSL Rouge Pur

Couture, \$30 Our panelists flipped for YSL's stunning, rose-scented colors (and their luxe gold cases). "The rich pigments and creamy texture makes them look and feel great all day," Sheriff said. Our fave: #07 Le Fuchsia (center), which was amazingly flattering on every single tester.

THE PROFESSIONALS



ASHUNTA SHERIFF
MAKEUP ARTIST
WHO'S WORKED WITH
ALICIA KEYS AND
SHARON STONE



TISSI SHORTER
HAIRSTYLIST WHO'S
WORKED WITH JENNIFER
HUDSON AND RIHANNA



KARI SOLYNTJES
CREATOR OF
BEAUTY BLOG
FABOVERFORTY.COM



Laurie Talbott HAIR
COLORIST AT SHARON
DORRAN COLOR AT
SALLY HERSHBERGER
IN NEW YORK CITY



ERIKA VALENTE
FOUNDER OF
BEAUTY BLOG
MAKEUPBAG.NET



ROXANNE VALINOTI
CELEBRITY MANICURIST
AND EDUCATION TRAINING
MANAGER FOR CND INC.



DR. AMY WECHSLER
DERMATOLOGIST AND
ASST. CLINICAL PROFESSOR,
SUNY DOWNTSTATE
MEDICAL CENTER

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EXTRA STRONG

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BBQ Chicken Pizza.

So tangy, so saucy, better stock up on napkins.

Get messy with some down-home BBQ on a crispy thin crust. Another restaurant-inspired creation from CPK®. In your grocer's freezer.

Creativity on a Crust.™



GOOD TO EAT

EASY, HEALTHY FOOD EVERYONE WILL LOVE



ARCTIC CHAR BLT
(turn to page 236
for the recipe)

Dinner in 10—seriously!

No exaggeration: These yummy, **healthy fish recipes** cook so fast, you'll barely have time to set the table. Plus: Sizzling new ways to do **skirt steak**.

- **Debi Mazar's** sexiest kitchen moves.
- Actually good **frozen meals**.



Take the fear out of buying seafood

How to get past the slime, scales, and fish eyes to shop like a chef.

● Check for freshness.

Whole fish are usually cheapest and freshest, so have one filleted instead of buying pre-cut pieces. When selecting a swimmer, look for bright, clear, protruding eyes and shiny skin. On fish fillets, the skin should also be glistening and metallic. And all seafood should smell of the ocean or clean water. At home, wrap it tightly in plastic wrap and set it on ice in the fridge until you cook it.

● Make smart swaps.

Is the fish you came for looking a little past its prime? Don't derail your dinner; just get something with a similar texture and flavor. Arctic char, salmon, and tuna are interchangeable, as are catfish and tilapia. Ditto swordfish, halibut, and monkfish. If there's no striped bass, you can sub in red snapper, sea bass, or mahimahi.

● Use a fishmonger if you can.

Grocery stores often buy in bulk and freeze their catches, then thaw them in less-than-fresh batches. A fishmonger gets fresh fish in every day—and, if you live near water, probably goes to the boat himself to make his picks. Plus, fishmongers are great at answering all your questions about how to select, prep, and cook.

—NICOLE YORIO



Linguine with spicy shrimp

*Prep time: 10 minutes
Cooking time: 10 minutes*

- 3 Tbsp olive oil
- 4 oz dried chorizo sausage, quartered lengthwise, sliced
- 1 medium onion, diced
- 3 cloves garlic, thinly sliced
- 1/2 cup dry sherry or white wine
- 1 (14.5-oz) can fire-roasted crushed tomatoes
- 1/4 tsp crushed red pepper flakes
- 1 lb large shrimp, peeled, deveined, tails left on
- 1 (9-oz) pkg refrigerated fresh linguine
- 1/4 cup roughly chopped fresh cilantro

1. Bring a pot of salted water to a boil. Heat olive oil in a large, deep skillet over medium-high heat. Add chorizo and onions and cook 3 minutes,

stirring occasionally, until chorizo is lightly browned. Add garlic and sauté 1 minute. Deglaze skillet with sherry; cook 1 minute, until evaporated. **2.** Stir in tomatoes and red pepper flakes and bring mixture to a simmer. Add shrimp and cook, stirring occasionally, for 3 minutes or until shrimp turn pink and are just cooked through. **3.** Meanwhile, cook linguine in boiling water until al dente. Drain in a colander, reserving 1/2 cup of the pasta water. Return linguine to pot; add shrimp mixture and cilantro and toss over medium-low heat for 1 minute, adding some of the pasta water to thin out sauce if necessary.

Makes 4 servings. Each serving: 516 cal, 23g fat, 33g protein, 42g carb.

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NEW KITCHEN



THEN SAVOR
THE SAVINGS



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Fish is nature's Happy Meal: lightning fast to prep and cook, and packed with fresh flavor.

Crunchy fish sticks with carrot-apple slaw

*Prep time: 15 minutes
Cooking time: 10 minutes*

Fish sticks

- 1/3 cup all-purpose flour
- 2/3 cup yellow cornmeal
- 3 large egg whites, lightly beaten
- 1 tsp each kosher salt and garlic hot pepper sauce

- 1 1/2 lb tilapia or catfish fillets, cut into 3x1-inch sticks
- 2/3 cup canola oil
- 1/4 cup tartar sauce mixed with 3 Tbsp honey mustard, for dipping

Carrot-apple slaw

- 1 (6-oz) carton plain or vanilla low-fat yogurt
- 1 Tbsp minced shallot
- 2 tsp each fresh lemon juice and chopped tarragon or parsley

- 1 each Granny Smith and Braeburn apple, cored, thinly sliced
- 2 cups shredded carrots
- 1/4 cup dried cranberries

- 1. Fish sticks:** Heat oven to 275°F. Place flour and cornmeal on separate sheets of waxed paper. Whisk egg whites, salt, and hot pepper sauce in a small bowl. Dredge

fish sticks first in flour (tapping off excess), then in egg mixture, then in cornmeal until coated. Place sticks on a baking sheet lined with foil (for easy cleanup).

- 2.** Heat oil in a large skillet over medium heat until rippling. In 2 batches, cook fish sticks until golden brown and opaque, 4 to 5 minutes, turning sticks halfway through. Transfer to a

wire rack and keep warm in oven while cooking second batch.

- 3. Slaw:** In a medium bowl, whisk yogurt, shallots, lemon juice, and tarragon until blended. Add apples, carrots, and cranberries and toss. Serve fish sticks with slaw and honey-mustard tartar sauce.

Makes 4 servings. Each serving: 522 cal, 18g fat, 41g protein, 52g carb.

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for all they do for you
tempting entrees in delicious flavors like filet mignon
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Striped bass with lime butter

Prep time: 15 minutes
Cooking time: 8 minutes

4 (6-oz) striped bass or red snapper fillets, scales removed
 1 tsp kosher salt
 1/2 tsp freshly ground pepper
 1/3 cup all-purpose flour
 1 1/2 Tbsp canola oil
 1/3 cup dry white wine
 3 Tbsp fresh lime juice
 2 Tbsp minced shallot
 1 Tbsp heavy cream or half-and-half
 5 Tbsp cold unsalted butter, cut into 5 pieces
 1 Tbsp fresh chervil, dill, or parsley leaves

Pan-fried red potato slices (recipe follows)

is reduced to about 1 1/2 Tbsp. Stir in cream. Once mixture bubbles, reduce heat to low. Swirl in butter one piece at a time, adding each piece before the previous one has completely melted. Lift pan from heat a few times so sauce won't separate. Add remaining salt and pepper.

4. Place potatoes (recipe follows) on serving plates and top with a fillet, skin side up. Spoon lime butter and scatter herbs on top. Side idea: Steamed asparagus.

Makes 4 servings. Each serving: 400 cal, 25g fat, 33g protein, 10g carb.

Pan-fried red potatoes:

In a medium saucepan over high heat, bring 3/4 lb small red or fingerling potatoes (cut into 1/4-inch slices) to a boil in salted water. Reduce heat to a brisk simmer; cook about 4 minutes; drain. Heat 1 1/2 Tbsp olive oil in a nonstick skillet. Add potatoes and a few fresh thyme sprigs. Cook 3 to 4 minutes, flipping occasionally, until potatoes are browned and tender. Season with salt and pepper.

Makes 4 servings. Each serving: 120 cal, 5g fat, 2g protein, 17g carb.

◀ (recipe from page 231)

Arctic char BLT

Prep time: 10 minutes
Cooking time: 10 minutes

8 slices bacon
 1/3 cup light mayonnaise
 1 tsp grated orange zest
 1 Tbsp orange juice
 1/2 tsp each Dijon mustard and garlic paste
 1/4 tsp freshly ground pepper
 8 (1-inch-thick) slices brioche or challah bread, lightly toasted



4 (5-oz) skinless Arctic char fillets, 3/4 inch thick
 1 Tbsp olive oil
 1/2 tsp each kosher salt and freshly ground pepper
 8 small Boston lettuce leaves
 2 medium tomatoes, thinly sliced

1. Heat a stovetop grill pan over medium heat.
 2. Cook bacon in a large skillet over medium-high

heat until crisp, about 10 minutes. While bacon cooks, in a small bowl, mix mayonnaise, orange zest and juice, mustard, garlic paste, and pepper. Spread half of the mayonnaise mixture over one side of bread slices.

3. Brush both sides of Arctic char fillets with olive oil and season with salt and pepper. Grill fillets 4 minutes on first side; carefully turn and grill second side until just

opaque but still moist in the center, about 3 to 4 minutes longer.

4. Place lettuce on 4 of the bread slices, followed by tomato slices and crisp bacon strips. Top with grilled fillets. Spread tops of fish with remaining mayonnaise mixture, then place remaining bread slices on top, mayo side down.

Makes 4 servings. Each serving: 460 cal, 19g fat, 27g protein, 43g carb.

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Grilled sword-fish kebabs with parsley-olive salsa

Prep time: 15 minutes
Cooking time: 8 minutes

Parsley-olive salsa

- 1/4 cup chopped flat-leaf parsley
- 8 oil-cured olives, pitted, chopped
- 4 oil-packed sun-dried tomato halves, drained, diced
- 1 tsp garlic paste
- 2 Tbsp each extra-virgin olive oil and water
- 1/2 tsp grated lemon zest
- 2 Tbsp lemon juice
- 1/4 tsp crushed red pepper flakes

Kebabs

- 1 red onion, cut into 20 wedges
- 1 1/2 lb swordfish or halibut (1 inch thick), skin removed, cut into 20 chunks
- 20 mixed baby bell peppers (or 20 pieces of cut-up bell peppers)
- 1/2 tsp each kosher salt and freshly ground white or black pepper

1. **Salsa:** Combine all ingredients in a bowl.
2. **Kebabs:** Heat a stovetop grill pan over medium heat. Alternately thread onto four 12-inch metal skewers 5 onion pieces, swordfish pieces, and bell peppers. Spray kebabs with olive oil cooking spray and season with salt and pepper.
3. Grill kebabs 8 to 10 minutes, turning skewers every 2 minutes, until swordfish is just barely opaque and vegetables are lightly charred. Spoon salsa over kebabs.

Makes 4 servings. Each serving: 308 cal, 16g fat, 33g protein, 8g carb.

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LOOK INSIDE
for party planning
tips, decorating ideas,
and recipes from
**CELEBRITY
EVENT PLANNER**
CATHY RIVA



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CINCODEMAYO

CELEBRATION

Celebrate Cinco de Mayo Ladies Night in Style!
Make it hot, hot, hot with these tips and tricks
from celebrity event planner Cathy Riva.



"Cinco de Mayo is the perfect kick-off to a season of celebrations. Plan a hot night that will wow your friends and get everyone excited for summer."

—Cathy Riva

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1 UNO, DOS, TRES... PARTY!

Create a timeline to simplify your party planning. Starting one week before the event, do a few tasks each day, such as grocery shopping, cooking, and decorating, and you'll be more relaxed on the big night.

2 GO SOUTH OF THE BORDER

Set an authentic mood with Mexican-inspired décor including colorful textiles, ceramics, and strings of bright lights. You can find sombreros, maracas, and other inexpensive decorations at online party sites.

3 MI FAMILIA

Serve it up family style with a Mexican buffet. Ask each guest to bring one of her favorite Mexican dishes. That way there will be something for everyone—and you can spend less time in the kitchen!

4 CALIENTE COCKTAILS

Don't get stuck playing bartender all night! Set out a festive rainbow of **Sauza® Margaritas**—guava, mango, strawberry—in clear glass pitchers and let guests help themselves.

5 VIVA LA VIDA

A great party is in the details: Keep the soundtrack hot with a playlist of salsa music and other party-perfect tunes. Give each of the girls a favor to take home, such as a small cactus or a CD of the night's music.



MERRY MANGO SAUZA®-RITA

Nothing says Cinco de Mayo like a tasty margarita!

Serves 7

INGREDIENTS:

- 8 oz Sauza® Silver Tequila
- 4 oz Cruzan® Mango Rum
- 8 oz fresh lemon sour (equal parts lemon juice, water, and sugar)
- 8 oz diet lemon-lime soda

DIRECTIONS:

Pour Sauza® Silver Tequila into a pitcher with ice. Then add Cruzan® Mango and fresh lemon sour and pour into pitcher. Finally, add diet lemon-lime soda, stir, and serve over ice.

CATHY'S CLASSIC GUACAMOLE AND CHIPS

Mix up a batch of this crowd-pleaser.

Serves 6

INGREDIENTS:

- 4 ripe avocados
- 1 tsp fresh squeezed lime juice
- 1/2 red onion, chopped
- 3/4 cup chopped tomatoes
- 1/2 (15 oz) can black beans, rinsed and drained
- 1 tsp salt
- 3 slices jalapeño peppers, finely chopped (optional)

DIRECTIONS:

In a medium bowl, mash together the avocados and lime juice. Mix in onion, tomatoes, and black beans. Add salt and jalapeño peppers, if using. Serve with yellow or blue corn tortilla chips.

FOR MORE RECIPE IDEAS, VISIT
FACEBOOK.COM/SAUZAMARGARITAS.

TIPS FROM THE SAUZA®

TASTEMAKERS



Sisi Soetrisno

FOOD STYLIST

Bring much-deserved attention to the food you serve by setting out plates in contrasting colors. Reds, oranges, and blues make pale foods pop, and white or cream dishes are classic “blank canvases.”



**Dawn Sandomeno &
Elizabeth Mascali**

ENTERTAINING EXPERTS & AUTHORS

Infuse your personality into your party by adding some of your favorite songs into the music mix. Personal touches will make you and your guests feel special.



Katja Presnal

LIFESTYLE EXPERT

Make your cocktails stand out with festive and flavorful ice cubes: place berries or mint leaves in ice cube trays, fill with water, and freeze.

Sauza®
TEQUILA

SUMMERSOLSTICE

CELEBRATION

Kick off a season's worth of get-togethers by celebrating the longest day of the year! Gather your girlfriends and get the party started with these tips from Cathy Riva.

1 LIFE'S A BEACH

Break out your summer favorites: Use a colorful table runner and place citronella candles at each end to add a warm glow (and keep mosquitoes away). Repurpose the kids' pails to hold napkins and utensils, and fill a clear vase with seashells for an instant centerpiece.

2 SMELLS LIKE SUMMER

Raid your garden to snip the first blooms of the season, and stick them in small glass jars (think olive or baby food jars). Set them on the buffet table as fragrant decoration, and give one to each of your guests at party's end.



3 A TWIST ON TRADITION

Put your own spin on classic cookout fare. Serve mini burger sliders, pigs-in-blankets, and corn on the cob. And for dessert, try grilled peaches with vanilla ice cream and caramel sauce.

4 KEEP IT COOL

Simplify the beverage station: Serve a signature cocktail like the refreshing Sauza® Strawberry Margarita. With **Sauza® Silver Tequila** it's easy to serve up tasty cocktails at all of your summer celebrations.

5 STREAMLINE POST-PARTY PREP

Before the party, set aside an empty laundry basket for soiled table linens, as well as empty foodstorage containers (with their lids!) for leftovers. After the last guest has gone home, you'll make quick work of putting everything away.



"An essential ingredient for a happy life: quality time spent with great friends. That's why I like to go all out for ladies night. They're the essence of fun!"

—Cathy Riva

DRINK RESPONSIBLY

Cathy Riva photo credit: Jeri Anne Hines

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STRAWBERRY SAUZA®-RITA

Keep guests refreshed and coming back for more with this can't-miss cocktail.

Pour in one can of frozen limeade

Fill that can with champagne

Add 2/3 can of **Sauza® Silver Tequila**

1/3 can of DeKuyper® Strawberry Liqueur

One can of water

Stir & serve!

Makes 9 delicious drinks

Looking for a lighter option?

Swap soda water for the champagne and 2 cups of sliced strawberries for the Strawberry Liqueur.



BRING ON THE BBQ!

A delicious, mouthwatering barbecue sauce is a must for any summer menu. Impress the crowds with this easy recipe, which can be used on meat, chicken, shrimp—even veggies.

Serves 6

INGREDIENTS:

- 1 cup of water
- 1 (6 oz) can tomato paste
- 1 cup balsamic vinegar
- 1/4 cup mustard
- 1/2 tsp cayenne pepper
- 1/2 cup honey
- 1 cup pureed peaches, mango, or pineapple

DIRECTIONS:

Add water to blender followed by remaining ingredients. Blend until smooth. Marinate your favorite meat and grill.



6PM: "HE PROPOSED LAST NIGHT!"

9PM: "I'M NOT LOVING THE RING"



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LADIES NIGHT IN. SEE WHAT POURS OUT.

FOR RECIPES & MORE VISIT [FACEBOOK.COM/SAUZAMARGARITAS](https://www.facebook.com/sauzamargaritas)

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Yes—it's a steak night! Don't wait for a special occasion. These skirt steak recipes are flavor-packed and perfectly done in minutes.

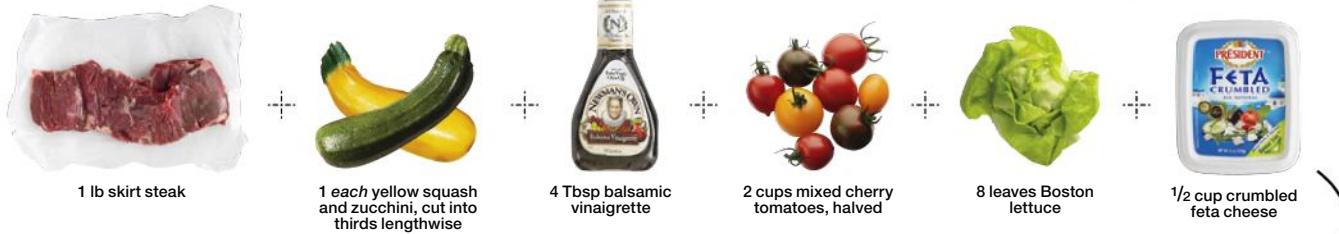


Chipotle steak with charred creamy corn

- In a large, preheated cast-iron skillet, sauté corn over medium-high heat, stirring constantly until lightly charred, about 5 minutes.
- In a saucepan, heat corn, half-and-half, chiles, and onions. Add $\frac{1}{2}$ tsp kosher salt and $\frac{1}{4}$ tsp freshly ground pepper. Bring to a boil; cover and simmer for about 5 minutes or until mixture is thickened.
- Meanwhile, prepare an outdoor grill or heat a grill pan over medium heat for 5 minutes or until very hot. Pat skirt steak dry and season with kosher salt and freshly ground pepper. Mix ground chili pepper with 2 Tbsp olive oil. Brush steak with chili mixture and grill, 4 to 5 minutes per side for medium-rare.
- Transfer steak to a cutting board and let rest 5 minutes, loosely covered with foil. Slice across the grain and serve with corn.

Side idea: cucumber, tomato, red onion, and frisée salad.

Makes 4 servings. Each serving: 445 cal, 24g fat, 29g protein, 32g carb.



Souvlaki steak salad in lettuce cups

- Brush steak, squash, and zucchini with 1 Tbsp of the vinaigrette; sprinkle with kosher salt and pepper to taste.
- Prepare an outdoor grill or heat a grill pan over medium heat for 5 minutes or until very hot. Put steak, squash, and zucchini on grill. Grill steak, brushing with 1 Tbsp of the vinaigrette, 4 to 5 minutes per side for medium-rare. Grill vegetables, brushing with 1 Tbsp of the vinaigrette and turning frequently, 6 to 7 minutes or until browned.
- Let steak rest 5 minutes, loosely covered with foil. Slice steak; cut zucchini and squash crosswise into 1-inch pieces. Toss with tomatoes and remaining 1 Tbsp vinaigrette. Spoon into lettuce leaves and sprinkle with feta cheese.

Makes 4 servings. Each serving: 291 cal, 15g fat, 27g protein, 11g carb.

—RECIPES BY BARBARA CHERNETZ



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I WON'T EAT SOMETHING
THAT TASTES LIKE
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I WILL HAVE MY BREAD
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SAME SIZE, BIG DIFFERENCE! We suggest you split our nachos, but even if you eat the whole plate, you'll save yourself 526 calories and 46 grams of fat compared with the calorie catastrophe above.

Red Lobster's Lobster Nachos
1,090 CALORIES
 64 grams of fat

REDBOOK's lobster nachos

- 1 cup cooked lobster meat, coarsely chopped
- 1/4 cup store-bought salsa
- 2 Tbsp chopped, seeded jalapeño pepper
- 1 Tbsp fresh lime juice
- 36 tortilla chips (about 1/4 of a 13-oz bag)
- 1/2 tsp cornstarch
- 1/3 cup low-fat (1%) milk
- 1/3 cup shredded reduced-fat cheddar and jack cheese (or shredded reduced-fat Mexican cheese blend)

1. In a medium bowl, combine lobster, salsa, jalapeño, lime juice, and kosher salt to taste.
2. Place chips on a serving dish.
3. In a small saucepan, whisk cornstarch into milk. Heat to boiling, whisking frequently. Add cheese; remove from heat and whisk until smooth. Add kosher salt to taste.
4. Spoon lobster mixture onto chips. Pour on cheese sauce; serve immediately, with fat-free sour cream on the side, if desired.

Makes 2 servings. Each serving: 282 calories, 9g fat, 24g protein, 29g carb.



Restaurant
redo
ONLY
564
 CALORIES
 18 grams of fat

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WE JUST CAN'T STOP EATING... KIND BARS

At first glance, these seem too healthy to be tasty—they're all-natural, gluten-free, and low in sodium—but our staffers were such insta-fans that our entire stash vanished in a day!

New flavors like Peanut Butter & Strawberry and Dark Chocolate Cherry Cashew (up to 190 calories and 12 grams of fat each) "are not too sweet but still taste like a treat," one editor said, plus they've got filling protein and fiber. Kind Minis are an ideal diet-friendly snack at 115 calories. (\$2 per full bar, \$7 for five minis; at grocery stores or kindsnacks.com)

MAY'S SUPERFOOD: STRAWBERRIES

These pretty berries are among the most antioxidant-rich fruits out there, so they've got major cancer-fighting potential, says Chicago-based registered dietitian David Grotto. A serving of eight strawberries contains only 50 calories but has 160 percent of your daily vitamin C and three grams of fiber. If you can spring for it, opt for organic—conventionally grown berries can have high levels of pesticide residue, according to the Environmental Working Group. Leave the caps on and wait to wash them until right before serving, for freshness, then eat them any which way. Our faves: in a spinach salad with walnuts and feta, layered with peanut butter instead of jelly on a sandwich, or drizzled with balsamic vinegar for a low-cal snack or dessert. —NICOLE YORIO

STRAWBERRIES: MICHAEL HITOSHI/GETTY IMAGES. KIND BARS: COURTESY OF MANUFACTURER. CEREAL, BREAD: STOCKFOOD. PASTA: FOOD IMAGE SOURCE/GETTY IMAGES.

3 SIMPLE SWAPS FOR A HEALTHY HEART

Whole grains are your heart's best friend. Not only do they help lower cholesterol, but new research in the *American Journal of Clinical Nutrition* also showed that eating three daily servings of the high-fiber carbs lowered volunteers' blood pressure enough to decrease their risk of heart attack by at least 15 percent and stroke by 25 percent. Get your trio of helpings easily with these tweaks from New York City registered dietitian Lisa Moskovitz.

BREAKFAST

SWAP refined cereal, like cornflakes, for $\frac{1}{2}$ cup oatmeal or $\frac{3}{4}$ cup whole-grain cereal (look for one with at least 5 grams of fiber per serving).



LUNCH

SWAP your sandwich's white bread for whole wheat or nix chips in favor of 3 cups of light microwave popcorn.



DINNER

SWAP white rice for brown rice or regular pasta for whole wheat. See? Simple! —BLAKE MILLER



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A MEMORABLE BRUNCH GUARANTEED

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- **Signature dish.** Let a savory frittata be your menu's centerpiece, surrounded by prepared-ahead sides.
- **Elevate brunch.** Use multiple cake stands on your buffet to add drama AND extra serving space.
- **Please every palate.** Serve an assortment of the six delicious varieties of Simply Orange® because they're never frozen, sweetened or concentrated.



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Message and data rates may apply. Program will include one recipe. Offer valid until May 31, 2011. For questions or help, please contact customerservice@spyderlynk.com.

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100% GOOD FOR YOU



HUNGRY GIRL'S FOOD FIX

5 delish frozen dinners (for 350 calories or less)

Gone are the days of watery diet lasagna! Here are the yummy low-cal options Hungry Girl Lisa Lillien keeps in her freezer.

Amy's Light and Lean Spinach Lasagna I'm a huge fan of all things Amy's, so I was thrilled to see the new Light and Lean meals, each with fewer than 300 calories and no more than 5 grams of fat. My favorite, the spinach lasagna, has three kinds of cheese—Parmesan, ricotta, and mozzarella!—for only 250 calories.

Lean Cuisine Market Creations Chicken Margherita

Inside this microwavable bag is penne pasta with white-meat chicken, tomatoes, red bell peppers, spinach, and mozzarella cheese in a delicious balsamic sauce. It's truly hard to believe the whole thing has only 300 calories and 8 grams of fat, right?



Kashi Mayan Harvest Bake With roasted sweet potatoes, black beans, plantains, pumpkin seeds, whole-grain pilaf, and kale in an amazing smoky-sweet sauce, this unique entrée is like no other you've tried. It also happens to be my favorite frozen meal ever.



Contessa Beef Stir-Fry

Stovetop frozen meals are halfway between nuking dinner and cooking from scratch—but still take just minutes to make. (Use a nonstick skillet to make cleanup even easier.)

I like Contessa's options

because you can choose how much sauce to add—a calorie-saving plus. The teriyaki beef strips in this meal taste like a splurge, but a serving has only 180 calories.

Morningstar Farms Veggie Corn Dogs

And here's one for the kids! These 150-calorie, served-on-a-stick meatless treats are (almost) as good as the state-fair grease bombs—but with about 75 percent less fat. Make them in the oven instead of the microwave to keep them crispy, then dip them in a little mustard or ketchup.



For even more diet-friendly advice, watch Hungry Girl's Cooking Channel show! Check hungry-girl.com/show for times.

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Debi Mazar and Gabriele Corcos

They kiss, hug, fight, laugh, and butt-slap, all while turning out great meals as hosts of the new Cooking Channel show *Extra Virgin*. Now that's hot food.



"We shoot *Extra Virgin* at home. People can see that we have Tupperware spilling out of every drawer," Debi says.



"We'll have kids over to make pizzas in our pizza oven," says Gabriele. "Some kids try olives or prosciutto. When it's a party, they feel more courageous about food."



"I know Gabriele wants to cook alone when he plays Metallica," Debi says. "I can't tolerate it. When I want the kitchen to myself, I'll put on 'I Will Survive.'"

5 THINGS YOU'LL ALWAYS FIND IN OUR KITCHEN

IPOD DOCK



"I cannot be in the kitchen without music," says Gabriele.

NUTELLA



"We let the girls have it as a treat."

RUFFINO CHIANTI



"Italians think of wine as an ingredient in a meal," Gabriele says. "This bottle costs \$12."

BARILLA PASTA



"We put the pastina in soup for the girls when they're sick."

CAFÉ BUSTELO



"It's my favorite coffee," Debi says. "It's Cuban, with a strong flavor."



Things are always spicy in this couple's kitchen!



"I eat junky BBQ potato chips when I'm PMSing," admits Debi. "I sneak the bag in the house without my kids seeing, but by that time it's usually empty!"



"We keep pesto and tomato sauces in the freezer," Gabriele says. "When we don't feel like cooking, we boil pasta, and dinner is done."



"Gabriele says it's disrespectful when I smash garlic," Debi says. "Italians add it whole or slice it thin. I tell him that garlic doesn't have feelings!"

mommyisms'

insights from mom to mom

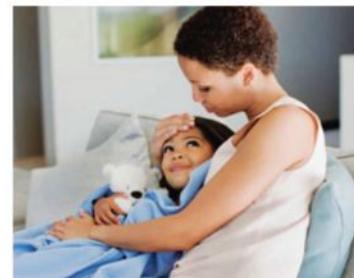
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SHOP THE ISSUE

8 TRICKS TO... SOLVE ANY HAIR CRISIS

PAGE 91: René Furterer Naturia **Dry Shampoo**, \$12; sephora.com. Goody Freshly Picked **Bobby slide**, \$6; Target. Redken Smooth Down Detangling **Cream**, \$15; redken.com for salons. Rita Hazan Root Concealer **touch-up spray**, \$24; sephora.com.

PRETTY SMART

PAGE 96: Dior Addict **Lipstick**, \$28; Dior beauty counters nationwide, dior.com. Shiseido Benefiance Wrinkleresist24 Extra Creamy **Cleansing Foam**, \$35; fine department and specialty stores, sca.shiseido.com for locations. Couture Colour Pequi Oil **Treatment**, \$32; Sephora, sephora.com, couturecolour.com. Jason Wu Colour & Effects **collection** by CND, \$47; cnd.com. Too Faced Bronze-buki **Brush**, \$34; Sephora, Ulta, toofaced.com. Stila Sparkle Waterproof Liquid **Eye Liners**, \$22; stilacosmetics.com. Promise Me **Eau de Toilette**, \$29.99; promisemefragrance.com. Sonia Kashuk Instructional **Eye Shadow Palettes**, \$20; target.com. Body by Blow **body builder**, \$19.75; Ulta, Beauty Brands, blowny.com. Jurlique **Moisturizing Hand Sanitizer**, \$15; jurlique.com.

SUMMER BEAUTY COUNTDOWN BOOKLET

Avon Nailwear Pro **nail color**, \$5; 800-FOR-AVON, avon.com. Suki Exfoliate Foaming **Body Cleanser**, \$31.95; Whole Foods Markets, sukiskincare.com. De-luxe Bain Foaming **Body Scrub**, \$9.99; drugstore.com. Derma E Hyaluronic Acid **Rehydrating Serum**, \$29.50; dermae.net. SkinCeuticals Hydrating B5 **Gel**, \$67; skinceuticals.com. Clinique Dramatically Different **Moisturizing Gel with Pump**, \$24.50; clinique.com. Kiss My Face Cool Mint **Moisture Shave**, \$7.95; kissmyfacewebstore.com. Shaveworks The Cool Fix **targeted gel lotion**, \$25; Sephora, sephora.com, beauty.com. Goody Simply Stranded **Headband**, \$4.99; Target. Jennifer Behr Crystal and Ribbon-Wrapped **bobbles**, \$68 for 2; jenniferbehr.com. Pluma **headband**, \$45; plumashop.com. Benefit Creaseless Cream **Shadow/Liner**, \$19; sephora.com. MAC Cremestick **Liner**, \$14.50; maccosmetics.com.

BEAUTY CALL

PAGE 100: Stila Kajal **Eye Liner**, \$8; stila cosmetics.com. Frédéric Fekkai Beach Waves **spray**, \$24; fekkai.com. Aveda Light Elements **Smoothing Fluid**, \$24; aveda.com. Hard Candy Hide & Glow **Cheek Tint Duo**, \$6; walmart.com. Lancôme Tropiques Minrale Mineral Smoothing **Loose Bronzer**, \$38.50; lancome-usa.com. Curls Essentials **Sample Kit**, \$22 to \$25;curls.biz. Elizabeth Arden Ceramide Ultra Lift and Firm **Makeup SPF 15**, \$42; shop.elizabetharden.com.

Q & TRIPLE A

PAGE 103: Dermablend Leg and Body Cover **Foundation**, \$27; dermablend.com.

SMILE! IT'S SATURDAY MORNING

PAGE 209: Mary Green **camisole**, \$69; marygreen.com. Love Tanjane **pants**, \$98; shop.lovetanjane.com. Z Gallerie **sham and queen duvet**, \$39.95 and \$149.95; zgallerie.com. Lands' End **Sheet Set**, \$149.50; landsend.com.

PAGE 210: Bodum **french press**, \$39.95; bodumusa.com.

PAGE 211: Alkemy **shirt**, \$68; alkemyclothing.com. Jane Basch **necklace**, \$180; janebasch.com. Ettika **bracelet**, \$36; ettika.com. Bare Collection **bracelet**, \$221; barecollection.com. Friend or Foe **T-shirt**, \$45; yourfriendorfoe.com. Hatley **pajama set**, \$29.99; hatleystore.com. Pink Chicken **romper**, \$42; pinkchicken.com. West Elm **rug**, \$119; westelm.com.

PAGE 213: J Brand **jeans**, \$198; Ron Herman. Divine Wear **top**, \$55; divine-wear.com for stores. Eileen Fisher **cardigan**, \$168; Eileen Fisher, eileenfisher.com. United Colors of Benetton **shorts**, \$49; 800-535-4491 for stores. L.L.Bean **socks**, \$18.95 for two pairs; llbean.com. Crate & Barrel **pillow**, \$29.95; crateandbarrel.com. Grandin Road **pillow**, \$69; grandinroad.com.

PAGE 214: The Body Shop **Lightening Touch**

highlighter, \$14; thebodyshop-usa.com. Sephora **Lush Flush Lip & Cheek Stain**, \$12; sephora.com.

PAGE 215: Trovata **shirt**, \$102; Barneys New York.

Lands' End Canvas **jacket**, \$60; 877-877-1963, landsendcanvas.com. Asha Patel **necklace**, \$225; ashapateldesigns.com. BaubleBar **bracelet**, \$24; baublebar.com. Ettika **bracelet**, \$24; ettika.com. Linea Pelle **belt**, \$70; lpcollection.com. H&M **jeans**, \$49.95; hm.com for stores. Hunter Boot **purse**, \$575; neimanmarcus.com. No. 6 **clogs**, \$260; no6store.com. American Eagle Outfitters **shirt**, \$39.50; ae.com. New Balance **sneakers**, \$75; newbalance.com. Pink Chicken **hat**, \$16; pinkchicken.com. 77kids by American Eagle **dress**, \$34.50; 77kids.com. Zutano **jacket**, \$36, and **leggings**, \$19; zutano.com. Lazio **socks**, \$9.99 for three pairs, and **shirt**, \$12.99; Babies 'R' Us. 77kids by American Eagle **hoodie**, \$29.50; 77kids.com. Lands' End **rug**, \$99.50; landsend.com. Pier 1 Imports **doormat**, \$24.95; pier1.com.

2011'S MOST VALUABLE BEAUTY PRODUCTS

PAGE 221: Chanel Rouge Allure **Extrait de Gloss**, \$32; department and specialty stores, chanel.com. Shiseido Refining Makeup **Primer SPF 21**, \$30; Macy's, Bloomingdale's, Saks Fifth Avenue, sca.shiseido.com for locations. Fekkai Essential Shea Ultra Rich **Mask**, \$30; Frédéric Fekkai salons, Neiman Marcus, Saks Fifth Avenue, fekkai.com. Stila Stay All Day Waterproof Liquid **Eye Liner**, \$20; Sephora, Ulta, stilacosmetics.com. Vera Wang Preppy Princess Eau de Toilette **Spray**, \$60; Macy's, Nordstrom, Sephora. Make Up For Ever Aqua **Cream**, \$22; sephora.com.

PAGE 222: Dr. Dennis Gross Skincare Alpha Beta Extra Strength **Peel**, \$85; dgskincare.com. Estée Lauder Sensuous Noir **eau de parfum**, \$60; Estée Lauder counters nationwide, esteelauder.com. Avon Anew Platinum **Cleanser**, \$15; 800-FOR-AVON, avon.com. OPI **Nail Lacquer**, \$8.50; opi.com for locations. Kiehl's Creme de Corps Soy Milk & Honey Whipped **Body Butter**, \$35; kiehl's, 800-KIEHLS-1, kiehls.com. Rodial Brazilian Tan Airbrush Instant Self-Tanning **Spray**, \$49; nordstrom.com.

PAGE 223: Essie **Nail Color**, \$8; essie.com. Benefit Remove It **Makeup Remover**, \$21; benefitcosmetics.com. Prevage Eye Ultra Protection Anti-Aging **Moisturizer SPF 15**, \$98; prevageskin.com. SkinCeuticals Blemish + Age Defense **treatment**, \$78; skinceuticals.com. ROC Multi Correxion Lift Anti-Gravity **Night Cream**, \$29.99; Walgreens, CVS.

PAGE 226: René Furterer New Okara Radiance Enhancing **Spray**, \$26; 800-522-8285 for locations, beauty.com. Carol's Daughter Hair Milk The Original **Curl Definer**, \$20; carolsdaughter.com. Privé Concept Vert Volumizing **Froth**, \$24; priverproducts.com for locations. Serge Normant Meta Luxe **Hair Spray**, \$25; Serge Normant at John Frieda salons, sergenormant.com. Alterna Bamboo Smooth Kendi Oil Pure Treatment **Oil**, \$24; sephora.com. Göt2b Fat-Tastic **Dry Shampoo**, \$5.99; got2b.us for store locator. Keratin Complex 4-in-One Keratin **Curling System**, \$159; keratincomplex.com. Brazilian Heat After Dark Professional 1900 Watt AC Motor **Dryer**, \$120; belsonproducts.com. T3 Single Pass Compact **Flat Iron**, \$79; Bloomingdale's, t3micro.com.

PAGE 228: YSL Rouge Pur Couture **lip color**, \$30; yslbeautyus.com. Tarte Amazonian Clay **Blush**, \$25; Sephora, sephora.com. DiorSkin Nude Natural Glow Creme-Gel **Makeup SPF 20**, \$48; sephora.com. Dr. Hauschka Powder Duo **bronzer**, \$34; store.drahauschka.com. Laura Mercier Mineral **Finishing Powder**, \$32; Neiman Marcus, Saks Fifth Avenue, lauramercier.com.

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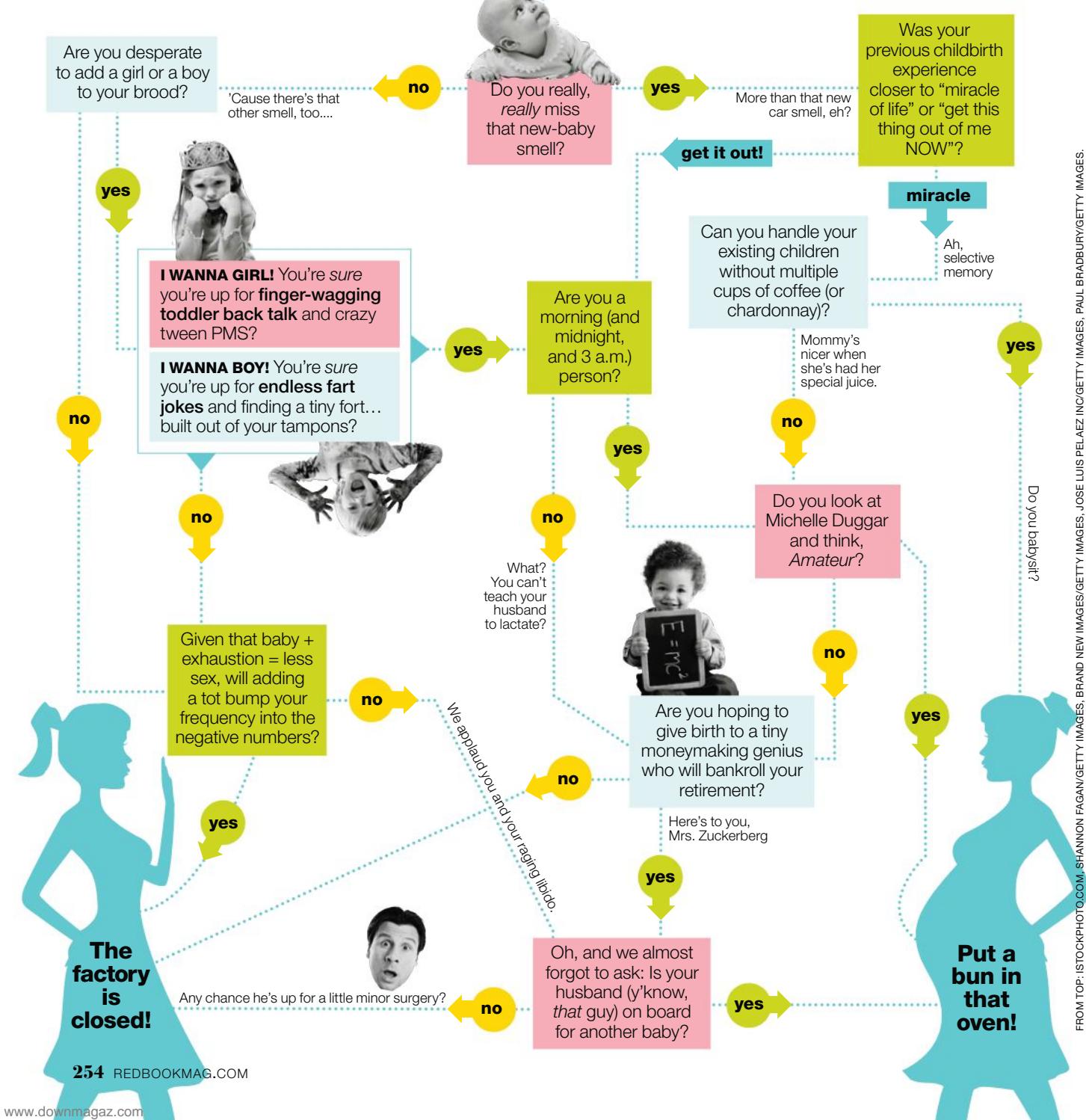
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